

Calendar

Monday, March 2
2:30 p.m.

[Particle Astrophysics Seminar](#)

- Curia II

Speaker: Eiko Regos, CERN
Title: Low-Scale Gravity Black Holes at the LHC

3:30 p.m.

DIRECTOR'S COFFEE
BREAK - 2nd Flr X-Over

4 p.m.

All Experimenters' Meeting -
Curia II

Special Topic: CMS and LHC
Status

Tuesday, March 3

3:30 p.m.

DIRECTOR'S COFFEE
BREAK - 2nd Flr X-Over

THERE WILL BE NO
ACCELERATOR PHYSICS
AND TECHNOLOGY
SEMINAR TODAY

[Click here](#) for NALCAL,
a weekly calendar with
links to additional
information.

Weather



Chance of snow
26°/12°

[Extended Forecast](#)
[Weather at Fermilab](#)

Current Security Status

[Secur Level 3](#)

Wilson Hall Cafe

Feature

Fermilab goes greener with leaf-based fertilizer



Leaves from neighboring municipalities are deposited at a leaf collection site (above) near Site 70 where they are composted for use as fertilizer by farms on site.

Even as spring approaches, there's a touch of autumn in the air at Fermilab.

It comes in the form of leaves turned organic fertilizer, and farmer Bruce Nagel will soon begin spreading it over land at Fermilab.

The informal leaf spreading program is one Fermilab's most environmentally friendly projects.

"It's just like putting compost on your garden. It's a non-chemical way to add nutrients to soil," said Fermilab ecologist Rod Walton.

The decomposed leaves add carbon to the soil. This helps to loosen the soil, allowing roots to grow more easily. Carbon also increases the soil's ability to absorb water.

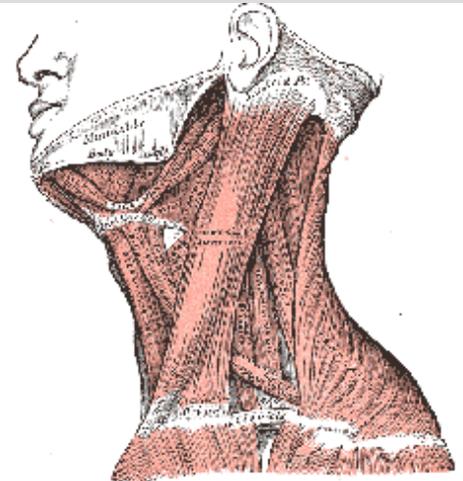
The combined effect increases the yield capacity of Fermilab's 2,000 tillable acres where corn and soybeans are grown, Walton explained.

The leaf spreading program, which started four years ago, uses leaves from the nearby communities of Batavia, Batavia Township, Warrenville and North Aurora, said Mike Becker, Fermilab Site Services Assistant Manager.

The towns pay less to bring them to Fermilab than they would pay to take them to a dump.

ES&H Tips of the Week - Health

A pain in the neck



Neck muscles. *Image from public domain issue of Henry Gray's Anatomy of the Human Body, 1918.*

The neck is a very complicated structure. A variety of processes can cause pain, but there is some commonality in terms of prevention and initial treatment.

Preventing a condition is always preferential to treating it later. To prevent injury, pay attention to your neck's position. Keeping your neck in its natural position is a challenge, particularly when you are tempted to slump in your chair or flex your neck forward to get a better look at something. If this becomes a habit or a prolonged behavior, it can set the body up for neck pain and injury.

When not in a natural position, the neck muscles and joints get stressed trying to counterbalance the head's weight of 12 lbs or more.

Make it a habit to adjust your position so that your head is centered over your shoulders. Sports trainers know that if you practice a position or movement consciously enough it eventually becomes automatic.

If things have been off kilter long enough, your body may tell you through pain. There are some ways you can help make amends to your mistreated muscles. Robin McKenzie, a New Zealand-based physical therapist, is well known for his graded approach to neck and back pain. His techniques have withstood the test of time and still enjoy great popularity. For neck pain, his head retraction exercise is the

Monday, March 2

- French Quarter gumbo
- French dip w/horseradish cream sauce
- Smart cuisine: Santa Fe pork stew
- Smart cuisine: country baked chicken
- *Spicy hot Greek wrap
- Assorted sliced pizza
- Sweet n' sour chicken w/egg roll

[Wilson Hall Cafe Menu](#)

Chez Leon

Wednesday, March 4

Lunch

- Italian sausage puttanesca -
- Mixed green salad with tangy herb vinaigrette
- Berry filled brown sugar meringues

Thursday, March 5

Dinner

- Beef Fondue with assortment of sauces
- Romaine w/parmesan vinaigrette
- Banana split tartlet

[Chez Leon Menu](#)

Call x3524 to make your reservation.

Archives

[Fermilab Today](#)

[Result of the Week](#)

[Safety Tip of the Week](#)

[ILC NewsLine](#)

Info

[Fermilab Today](#)

is online at:

www.fnal.gov/today/

Send comments and suggestions to:

today@fnal.gov

"It's a win-win situation," Becker said. "The towns are saving money. We are making more money, and the farmers are making more money. And it's good for the soil."

-- *Kristine Crane*

Announcement

Tornado siren maintenance today

Today, a contractor will perform maintenance on all outdoor sirens at Fermilab, starting around 9 a.m. As part of the maintenance, each siren will be tested individually, sounding it for 10-20 seconds. Then, all sirens will be tested simultaneously on Tuesday, March 3, at 10 a.m. If you have questions, please contact Bill James, x8901.

In the News

Obama administration releases FY2010 budget overview

From *AIP FYI*, Feb. 27, 2009

"Investments in science and technology foster economic growth, create millions of high-tech, high-wage jobs that allow American workers to lead the global economy, improve the quality of life for all Americans, and strengthen our national security." - "A New Era of Responsibility: Renewing America's Promise"

Yesterday President Barack Obama released a 142-page document overview of his FY 2010 budget request. While the details on this \$3.6 trillion request will not be available until April, a review of "A New Era of Responsibility: Renewing America's Promise" finds many references to science. Those numbers which were provided in the overview point to a strong request for many science programs.

This FYI excerpts selections from the overview and provides citations to specific pages with other material. The entire document may be read at <http://www.whitehouse.gov/omb/> under FY 2010 Budget; read the full budget.

[Read more](#)

In the News

core of his neck regimen.

To do this, sit in a chair and let your neck muscles relax. Allow your head to protrude forward as if you were trying to look closely at a computer screen. Then, try to move your head as far back as possible while keeping it in line with your shoulders and continuing to look forward. Repeat this pattern for 10 cycles every two hours. Perform the exercise less frequently for prevention. In certain cases, additional pressure applied to the chin when the head is retracted brings added benefit.

-- *Brian Svazas, M.D.*

Accelerator Update

Feb. 25-27

- Three stores provided ~31.75 hours of luminosity
- The Kautz Road substation tripped off on a ComEd power glitch
- Store 6834 aborted and the stash was lost
- The TeV quenched
- Experts have been working since Thursday evening to bring the complex back up

[Read the Current Accelerator Update](#)

[Read the Early Bird Report](#)

[View the Tevatron Luminosity Charts](#)

Announcements

Latest Announcements

[Phillips Park Golf League](#)

[Have a safe day!](#)

[New electronic org chart](#)

[Muscle Toning classes](#)

[Kyuki Do classes - March 30](#)

[English Country Dancing, March 1](#)

[Sounding of outdoor sirens, March 2](#)

[Introduction to LabVIEW class March 5](#)

[Arianna String Quartet performs in Gallery Chamber Series - March 8](#)

[On-Site Housing - Summer 2009 - deadline - March 9](#)

[Deadline for The University of Chicago Tuition Remission program -](#)

The latest from the LHC

From **CERN Bulletin**, Feb. 27, 2009

In SM18 six magnets have been cold tested with good results. It has also been a good week for cyostating with five more magnets completed.

In sector 3-4 interconnection work and welding has started in the area damaged on 19 September last year. Interconnection work is also ongoing on the replacement magnet for the faulty dipole removed from sector 1-2.

Three separate teams are now working in the three sectors to install the new DN200 pressure release nozzles. In total 27 magnets have been completed so far, with 34 nozzles welded. A new study is also underway to include a similar pressure release system for both the stand-alone magnets (SAMs) and the triplet magnets.

[Read more](#)

[March 12](#)

[Fermilab Arts Series presents Solas - March 14](#)

[Altium Designer Lunch and Learn seminar - March 17](#)

[Excel 2007 Pivot Tables class March 18](#)

[PowerPoint 2007: Intro class offered March 19](#)

[Bulgarian Dance Workshop, March 19](#)

[URA visiting Scholars applications due March 20](#)

[NALWO Adler Planetarium trip March 21](#)

[Child Care program offered - March 24](#)

[Publisher 2007: Intro class April 1](#)

[Conflict Management & Negotiation Skills class offered April 1](#)

[Outlook 2007 New Features class April 8](#)

[SciTech Summer Camps](#)

[Additional Activities](#)

[Submit an announcement](#)