

## Calendar

Monday, April 6  
 THERE WILL BE NO  
 PARTICLE ASTROPHYSICS  
 SEMINAR TODAY  
 3:30 p.m.  
 DIRECTOR'S COFFEE  
 BREAK 2nd Flr X-Over  
 4 p.m.  
 All Experimenters' Meeting  
 Special Topics: LHC/CMS  
 Report; MINERvA Meets  
 Neutrinos - Curia II

Tuesday, April 7  
 3:30 p.m.  
 DIRECTOR'S COFFEE  
 BREAK - 2nd Flr X-Over  
 4 p.m.  
[Accelerator Physics and  
 Technology Seminar](#) - One  
 West  
 Speaker: Valeri Lebedev,  
 Fermilab  
 Title: Accelerator Physics  
 Developments for Tevatron  
 Run II - Lecture I, Part 2:  
 Linear Optics Fundamentals  
 and Linear Optics with  
 Coupling Between Degrees of  
 Freedom

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

## Weather



Slight chance of  
 snow  
 38°/27°

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

[Current Security  
 Status](#)

[Secon Level 3](#)

[Wilson Hall Cafe](#)

## Feature

### Marie Herman wins award for unsung heroes



Technical Division Head Giorgio Apollinari gives Marie Herman the Management Support Fellowship Award.

Technical Division's administrative assistant manager Marie Herman strives to be an ambassador for her profession. And her colleagues throughout the country think she's doing a good job.

In February, Herman won the Management Support Fellowship Award, created this year by DeskDemon to highlight the often unrecognized achievements of support professionals.

"They really are the backbone of most companies in the world," said Susan Silva, managing editor of DeskDemon, an online resource group for administrative assistants.

Candidates were nominated based on their organizational and computer skills, as well as their ability to train and mentor colleagues. Silva said Herman "hit them all."

"Marie is awesome," Silva said. "She has been very active in the community."

At Fermilab, Herman has been a valued member of the Technical Division since she started working there in November 2007. She is currently spearheading the group's transition to the Fermi Time and Labor reporting system from a paper-based system.

"Her computer skills are a good example of what every human being should know going into the 21st century," said Technical Division Head Giorgio Apollinari. "She brought that to

## ES&H Tips of the Week - Health

### Over the top

Baseball and tennis season is beginning, and whether you play or not, you can take away from the field and court tips to make your life safer and healthier.



Tilt your shoulder when pitching or playing tennis can help to avoid injury.

Have you ever noticed pitchers and serving tennis players tilt their shoulders so that the shoulder opposite the ball or tennis racket is dipped? There is an advantage to that form. Observation shows that in dipping the shoulder, the space between the neck and raised arm is widened versus simply raising the arm over head with shoulders level. This dipped position leads to less pressure on the nerves of the neck. Some physicians feel that this same position also places less strain on the rotator cuff, the series of tendons attached about the shoulder "socket." This same position also can deliver a more effective stretch of the neck and shoulder muscles during warm up.

So how do you put this tip from athletes into practice? Although you should try to engineer out the need to reach overhead, when you must, dip the shoulder opposite your reaching arm may save you some wear and tear.

And if you do find yourself throwing or serving a ball, using the shoulder tilt will help the scapula or shoulder blade more effectively put the brakes on the shoulder joint as you complete your motion. This can help prevent the shoulder "ball" joint from crashing against the cartilage rim "socket" that keeps that joint in place.

Most of us are not destined for the major league, but with a simple move we can avoid major pain.

-- Brian Svazas, M.D.

[Accelerator Update](#)

Monday, April 6

- Minestrone
- Patty melt
- Baked chicken enchiladas
- Herbed pot roast
- Chicken melt
- Assorted sliced pizza
- Szechwan green bean w/ chicken

[Wilson Hall Cafe Menu](#)

**Chez Leon**

Wednesday, April 8

Lunch

- 5 spice roast chicken
- Ginger scented rice
- Snow peas w/toasted almonds
- Hawaiian cake

Thursday, April 9

Dinner

- Gourmet greens w/ dried cherries
- Walnuts & feta
- Halibut w/ dill sauce
- Lemongrass rice
- Vegetable of the season
- Vanilla flan w/ raspberry sauce

[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/](http://www.fnal.gov/today/)

Send comments and suggestions to:

[today@fnal.gov](mailto:today@fnal.gov)

the job from her first day.”

Herman said she has kept up with the changing demands of her profession in a fast-paced world. “Now it’s not mail or overnight delivery or fax,” she said. “It’s e-mail, Twitter and instant messaging in real time. There’s far greater pressure to be up to speed on every new development immediately.”

Herman hopes her award creates more visibility for administrative assistants throughout Fermilab and elsewhere.

“I think in a way it’s too easy to take our work for granted,” Herman said. “We’re helping at least to free other people up for very important work.”

-- *Kristine Crane*

**In Memoriam**

## In Memoriam: Wu-Ki Tung



[Wu-Ki Tung](#)

We are sad to announce that our long-time friend and colleague Wu-Ki Tung died Monday, March 30, at his home in Seattle, Washington. Wu-Ki, Professor Emeritus at Michigan State University and Affiliated Professor at University of Washington,

had a long and distinguished career as a theorist with a particular fascination for the quark-parton model and perturbative quantum chromodynamics.

The enriching relationships that Wu-Ki had with experimentalists at Fermilab were born from the series of Snowmass workshops in the mid-80s. The idea of a hands-on collaboration between theorists and experimentalists began at these workshops and evolved into the Coordinated Theoretical-Experimental Project on QCD (CTEQ), with Wu-Ki as a founding father. Under his leadership, the CTEQ collaboration began the work that resulted in the widely used CTEQ parton distribution sets that describe the composition of protons and how its building blocks behave in high-energy collisions. This work has played an important role in the interpretation of Fermilab experimental results.

Wu-Ki also enjoyed a significant role in lecturing and interacting with the students at the CTEQ schools on QCD Analysis and Phenomenology.

April 1-3

- Four stores provided ~37.75 hours of luminosity
- CUB column #1 regenerated
- TeV horizontal collimation beam orbit changed

[Read the Current Accelerator Update](#)

[Read the Early Bird Report](#)

[View the Tevatron Luminosity Charts](#)

**Announcements**

## Latest Announcements

[Seeking Wellness Advisory Committee members](#)

[Tartan Day party at Silk and Thistle Scottish country dancing](#)

[Conflict Management and Negotiation Skills class offered on June 3 and 10](#)

[Have a safe day!](#)

[April is National humor month...click on the link for the joke of the day](#)

[Fermilab club & league fair](#)

[Blackberry Oaks Golf League](#)

[Goodrich Quality Theater and AMC Theater tickets](#)

[Got golf? Join the Fermilab Golf League](#)

[New Financial Planning & Investment Services at ACU](#)

[Muscle toning classes](#)

[COMSOL Multiphysics workshop at Fermilab - April 6](#)

[Barn Dance April 12](#)

[Harlem Globetrotter employee discount April 13](#)

[Changes to Participating Pharmacies Blue Cross Pharmacy Program](#)

[Artist Within - employee art show '09](#)

[MathWorks Seminar - April 21](#)

Wu-Ki loved physics and teaching. He continued formulating new ideas with colleagues in publications as recently as two weeks ago.

As news of Wu-Ki's death began to spread within the community, e-mails and phone calls conveyed that we lost a dear friend, a productive scholar and a very gentle man. Our sympathies are with his wife Beatrice and his sons Lei and Bruce.

-- *Jorge G. Morfin and Harry Weerts*

[Word 2007: Styles and Templates class April 23](#)

[Coed softball season begins May 13](#)

[Discount tickets to "1964"...Beatles tribute - June 6](#)

[SciTech summer camps](#)

[Additional Activities](#)

[Submit an announcement](#)