

Calendar

[Have a safe day!](#)

Monday, Feb. 8

1 p.m.

Special Seminar - Hermitage, ICB2E

Speaker: Masayoshi Wake, KEK

Title: Design Considerations for Large Detector Solenoids
THERE WILL BE NO PARTICLE ASTROPHYSICS SEMINAR THIS WEEK

3:30 p.m.

DIRECTOR'S COFFEE

BREAK - 2nd Flr X-Over

4 p.m.

All Experimenters' Meeting - Curia II

Special Topic: Enhanced Auger South Observatory

Tuesday, Feb. 9

1:30 - 5 p.m.

LPC Lectures on Hadron Collider Physics - Curia II

Speaker: Dan Green, Fermilab

Title: The Standard Model

3:30 p.m.

DIRECTOR'S COFFEE

BREAK - 2nd floor X-over

4 p.m.

[Accelerator Physics and Technology Seminar](#) - One

West

Speaker: Vahid Ranjbar, Tech-X Corporation

Title: Recent Upgrades to BBSIM

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

[Upcoming conferences](#)

Campaigns

Feature

FRA receives Earned Value Management System certification



Back row from left: Steve Dixon, FESS; Bill Freeman, PPD; Harry Ferguson, PPD; Rich Stanek, Dir. Middle row from left: Suzanne Saxer, PPD; Ken Domann, AD; Marc Kaducak, TD. Front row from left: Wyatt Merritt, PPD; Elaine McCluskey, AD; Rob Kennedy, CD; and Dean Hoffer, Dir.

Fermilab has a newly certified tool in its toolbox to help plan and manage its many complex projects. Fermi Research Alliance, LLC, Fermilab's management organization, recently received certification for its Earned Value Management System from DOE's Office of Engineering & Construction Management.

"EVMS provides a powerful tool for the management of the large, complex projects we anticipate at Fermilab over the coming decade," said Steve Holmes, associate director for accelerators and EVMS project co-sponsor.

Earned-value management is a method of taking objective measurements of project progress that incorporates schedule, cost and scope of the work. The system lays out criteria that project managers can use to plan their projects and check their performance.

Projects that cost \$5 million and more are required to follow the Department of Energy Order 413.3A and need a performance measurement process. Fermilab projects will use the FRA system to meet the DOE order. Projects that cost \$50 million or more are required to use a certified system.

The NOvA project, which has a total cost of \$278 million, implemented this system once

ES&H Tips of the Week - Health

Resistance exercise yields many benefits



Resistance training can be beneficial to your health.

Resistance training (RT) is the term used to describe what most people think of as weight training. It can offer you benefits for your personal and work life.

A RT program yields maximum benefits when it is superimposed on an aerobic exercise program. Minimally you should stretch and exercise the big muscle groups of the upper and lower body such as the chest, shoulder, upper-arm region, lower back, abdomen and thighs. If you are new to this type of exercise, start with resistance exercises that allow you to perform 10-15 repetitions. If you have any heart or lung problems, uncontrolled high-blood pressure, joint instability or reservations, touch base with your doctor before beginning a program.

Multiple large studies have revealed some consistent and good pay out from RT. Here are some of the potential benefits of eight to 10 exercises performed two or three days a week:

- Even those who snack see weight loss and increased muscle tone. One kilogram of muscle at rest burns the equivalent of a small piece of chocolate a day.
- Upper and lower body strength improvements in men correlates to lower triglyceride levels, which transport fat and contribute to cardio-vascular health risks.
- RT leads to increased walking speed and endurance and reduced incidence of falls in men and women older than 50.
- Studies show that increased walking spurs

[Take Five](#)[Tune IT Up](#)[H1N1 Flu](#)

For information about H1N1, visit Fermilab's flu information [site](#).

[Weather](#)

Chance of snow
29°/23°

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

[Current Security Status](#)[Secon Level 3](#)[Wilson Hall Cafe](#)

Monday, Feb. 9

- Breakfast: Croissant sandwich
- Italian minestrone soup
- Patty melt
- Baked chicken enchiladas
- Herb pot roast
- Chicken melt
- Assorted sliced pizza
- Szechuan green bean w/ chicken

[Wilson Hall Cafe Menu](#)[Chez Leon](#)

Wednesday, Feb. 10
Lunch

- Mahogany beef stew w/red wine & hoisin sauce
- Horseradish mashed potatoes
- Baked apples

Thursday, Feb. 11
Dinner
- Closed

[Chez Leon Menu](#)

Call x3524 to make your reservation.

[Archives](#)

the system met laboratory approval.

"The NOvA management, who was the first to be confronted with these requirements, did a great job of implementing while simultaneously keeping NOvA moving forward," Holmes said.

DOE's OECM conducted a week-long review of the system May 11-15, 2009. OECM recommended certification on Jan. 12, after they conducted a follow-up review to verify acceptable implementation of corrective actions suggested in May 2009. Certification was granted Jan. 28.

[Read more](#)[Photo of the Day](#)

LBNE collaboration meeting



Members of the [Long Baseline Neutrino Experiment](#) collaboration pose for a photo during their collaboration meeting, Jan. 28-31.

[In Brief](#)

EAP offers February Webinars

Fermilab's Employee Assistance Program offers a series of Webinars in February that focus on tools and strategies people can use as they implement their personal goals.

- Tuesday, Feb. 9, from 11 a.m. to noon, "Wellness and the Mind Body Connection."
- Wednesday, Feb. 10, from 1-2 p.m., "Wellness and the Mind Body Connection."
- Thursday, Feb. 18, from 1-2 p.m., "Beating the Winter Blahs."
- Thursday, Feb. 25, from 1-2 p.m., "Credit in Today's Economy."

A seminar titled "Retirement - What You

on more physical activity. Perhaps if you feel better and more secure with exercise, taking a longer walk does not appear as daunting.

Again, the mode of exercise you choose is a personal preference: calisthenics, pulleys, bands, free weights, etc. Sticking with whichever method you choose is what makes all the difference.

The following [Web site](#) has more details on formulating an RT program and provides instructive videos.

-- *Brian Svazas, MD*

[Safety Tip of the Week Archive](#)
[In the News](#)

World's helium supply running low

From *COSMOS*, Feb. 4, 2010

Editor's note: This is a [reprint](#) of a symmetry magazine article that was published in July 2009.

Brookhaven National Laboratory holds 50,000 litres of liquid helium and loses 20% to leaks per year; after the LHC's yearly shutdown, cooling-down, and starting up, the helium loss is about 25-30 percent. This leaked helium is rarely recovered.

In addition, power outages cause helium to heat up and expand beyond what facilities can hold, forcing them to release it into the atmosphere.

[Read more](#)[Accelerator Update](#)

Feb. 3-5

- Three stores provided ~29.5 hours of luminosity
- Timing fixed for Accumulator RF station
- Power to NuMI sump pumps trip off
- Store 7577 aborted - no quench

[Read the Current Accelerator Update](#)[Read the Early Bird Report](#)[View the Tevatron Luminosity Charts](#)[Announcements](#)

[Fermilab Today](#)[Result of the Week](#)[Safety Tip of the Week](#)[CMS Result of the Month](#)[User University Profiles](#)[ILC NewsLine](#)**Info**[Fermilab Today](#)

is online at:

www.fnal.gov/today/

Send comments and suggestions to:

today@fnal.gov

Visit the Fermilab

[home page](#)

"Should Know" also took place from 1-2 p.m. on Thursday, Feb. 4. All Webinars are archived so they can be viewed at a later date if the scheduled date/time is not convenient.

Anyone interested in virtually attending the live event can register through the Fermilab [EAP Web site](#) with the User ID "Fermilab" and the password "eap". The event is one of the regular one-hour Webinars offered by Fermilab's Employee Assistance Program.

From *symmetry breaking*

CERN's new LHC plan: Two years at 3.5 TeV

CERN's new plan for the next phase of the Large Hadron Collider: run the accelerator for up to two years at an energy of 3.5 TeV per beam. The run, expected to start at the end of this month, would end no later than December 2011 and be followed by a long shutdown to prepare the accelerator to run at its full energy of 7 TeV per beam.

The goal for the next two years is for the LHC experiments to collect a certain amount of data – one inverse femtobarn – at 3.5 TeV per beam. With that amount of data at that energy, the LHC experiments would be competitive with the experiments at Fermilab's Tevatron in the hunt for the big physics discoveries on the horizon: the Higgs boson and supersymmetry. If this goal is reached before December 2011, the accelerator and experiments may shut down earlier to begin the long process of readying the machine to run at the energy it was originally designed for.

[Read more](#)

Latest Announcements

[Engineers Week kick-off at Fermilab - Feb. 10](#)

[Service Award Program](#)

[2010 standard mileage reimbursement rate](#)

[Chicago Bulls discount tickets available online](#)

[Introduction to Argentine Tango series of classes - FREE](#)

[Qi Gong, Mindfulness and Tai Chi Easy for Stress Reduction](#)

[Fermilab blood drive Feb. 15 and 16](#)

[Excel 2007 Advanced class - Feb. 18](#)

[Ukrainian egg decorating class - Feb. 22](#)

[Weight Watchers at Work new session](#)

[BLAST! The Movie: intro, film and Q&A - Feb. 19](#)

[Applications accepted for awards in URA Visiting Scholars program](#)

[Fermilab Management Practices seminar beginning Feb. 11](#)

[Fermilab Family Open House Feb. 21](#)

[Python Programming class - Feb. 24-26](#)

[Conflict Management and Negotiation Skills - March 3 and 10](#)

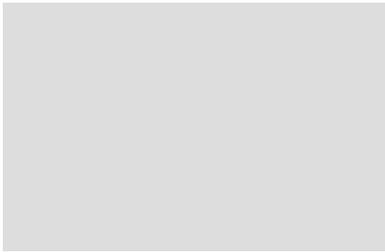
[Adobe Acrobat Professional 9.0 Level 1 class - March 4](#)

[On-site housing for summer 2010 - March 8 deadline](#)

[DreamWeaver CS3: Intro offered March 9 or March 16](#)

[Adaptive Leadership: Coaching for Individual Differences class - March 9](#)

[Excel Power User/ Macros class March 11](#)



[Hiring summer students for 2010](#)

[FRA Scholarship 2010](#)

[Additional Activities](#)

[Submit an announcement](#)