

Calendar

[Have a safe day!](#)

Monday, Nov. 8
10:30 a.m.

[Research Techniques](#)[Seminar](#) - Curia II

Speaker: Francesca Nessi-Tedaldi, ETH-Zurich
Title: Results on Scintillating Crystals Exposed to High Hadron Fluences

2:30 p.m.

[Particle Astrophysics](#)[Seminar](#) - One West

Speaker: Michael Kuhlen, University of California, Berkeley
Title: Dark Matter Clumps and Streams: From Numerical Simulations to Detection Efforts

3:30 p.m.

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

4 p.m.

All Experimenters' Meeting - Curia II

Special Topics: 4.8 GHz LHC Schottky Beam Diagnostic System; Solenoid-Based Focusing Lens for a Superconducting RF Proton Linac

Tuesday, Nov. 9

3 p.m.

[LHC Physics Center: Topic of the Week Seminar](#) -

Sunrise WH-11SE

Speaker: Jesse Thaler, Massachusetts Institute of Technology

Title: The Shape of Jets to Come

3.30 p.m.

DIRECTOR'S COFFEE BREAK - 2nd Flr X-Over
THERE WILL BE NO ACCELERATOR

Feature

Mike Cooke receives 2010 Director's Volunteer Award



Mike Cooke receives the Director's Award from Pier Oddone and a hug from his toddler son.

At an award ceremony on Nov. 2, Director Pier Oddone presented DZero physicist Mike Cooke with the annual Director's Award, recognizing Cooke's volunteer service.

The award is given annually to an employee, user, graduate student, retiree or guest scientist who contributed significantly to Fermilab's K-12 education programs. Marge Bardeen, head of Fermilab Education Office, said that Fermilab had a fabulous year of volunteer outreach activities, reaching more than 37,000 kids and 4,300 teachers.

"These volunteers are our ambassadors to the community," Oddone said. "Fermilab might not find out for 30 years what you've done, until some kid grows up and becomes our funder or director."

Cooke has visited classrooms and performed physics demonstrations since 2005 when he was a graduate student at Fermilab. Along with nominee Dave Schmitz, Cooke developed a show called "FUNdamentals of Physics" to demonstrate how Newton's laws apply to children's everyday lives. They have performed it at Fermilab's open houses and Daughters and Sons to Work Day.

Over the years, Cooke has also frequently volunteered for various events including Science Chicago's LabFest at Millennium Park and field trips to Fermilab. He also

ES&H Tip of the Week - Health



Preparing for the cold



Though beautiful, weather like this can be hazardous.

Those who live in the Chicago area take pride in enduring extreme winter weather: often a 1-2 punch of cold and windy conditions. But even veterans of Chicago chills can get knocked for a loop if they don't remember some basic cold weather facts.

Factor the [wind chill](#) into the temperature when preparing to go outside. At times unprotected skin can freeze in minutes. Surfaces farthest from your torso such as fingers, toes, ears and nose are particularly susceptible to frostbite. Once you have had frostbite, that area is more susceptible to cold exposure.

Hypothermia, or a decrease in the body's core temperature, also can occur. Everyone has an optimal temperature range where brain muscles and the heart perform best. Even prolonged cold exposure without large swings in body temperature can degrade physical and mental performance. Some military studies documented delayed response to cues before any other physical signs. So if you have a critical task to perform, it is best to attempt it while warm.

Follow these tips to keep your cold weather activity safe and enjoyable.

- Wear water-repellant outer clothing and

PHYSICS AND TECHNOLOGY SEMINAR TODAY

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

[Upcoming conferences](#)

Campaigns

[Take Five](#)

[Tune IT Up](#)

Weather



Sunny
61°/40°

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

Current Security Status

[Secou Level 3](#)

Wilson Hall Cafe

Monday, Nov. 8

- Breakfast: Croissant sandwich
- French Quarter gumbo soup
- French dip w/ horseradish cream
- Santa Fe pork stew
- *Country baked chicken
- Popcorn shrimp wrap
- Assorted sliced pizza
- Sweet and sour chicken w/ egg roll

[Wilson Hall Cafe Menu](#)

Chez Leon

Wednesday, Nov. 10 Lunch

- Stuffed cabbages
- Apple strudel

Thursday, Nov. 11 Dinner

- Closed

[Chez Leon Menu](#)

Call x3524 to make your reservation.

enhanced and restructured Fermilab's popular classroom presentation, 'Charge! Electricity and Magnetism.' In the award nomination, the selection committee lauded Cooke for "generosity with his time enhancing the laboratory's reputation in both education and science research."

"It's fun to share the enthusiasm we have here at the lab with kids," Cooke said. "They have a lot of good questions about science. Often the kids drag their parents around, but the parents are the ones who end up cornering me with questions."

Cooke said his own love of science started early on, watching NOVA and other science TV programs.

"I think I would have loved it if a scientist had visited me in grade school," he said. Nine other nominees received recognition certificates at the ceremony: David Harding, Todd Johnson, Don Lincoln, Thomas Peterson, Erik Ramberg, James Santucci, Dave Schmitz, Chris Stoughton and Herman White.

The annual award is made possible by an anonymous donor to [Fermilab Friends for Science Education](#), a not-for-profit organization supporting science education programs at Fermilab.

-Sara Reardon

Feature

Help Fermilab track greenhouse gas emissions - take a survey



Fermilab aims to reduce its greenhouse gas emissions *Photo credit: matteo NATALE / iStock* Fermilab wants to learn more about employees' commuting practices. By taking a [commuting and travel survey](#), you can help the ES&H Section better estimate the greenhouse gas emissions from employees commuting to work or travelling on business.

moisture wicking material closest to your skin. Water conducts away heat and speeds your chill.

- Any exposed body part radiates heat so insulate as much of you as practical.
- Avoid alcohol as it increases surface blood flow at the expense of critical core blood flow. Your whole body can chill quicker when you have imbibed.
- Cold objects can conduct away heat. Add an extra layer between yourself and those aluminum stadium seats. Put gloves between yourself and the shovel or scraper.
- Minimize long periods outside alone. After the shivering stage of your body's cooling, your thinking becomes impaired.
- Keep blankets and food in your car in case it becomes disabled.

Despite the above, winter can be a lot of fun. Outdoor activity in the cold simply involves some preparation and good judgment.

--Brian Svazas, Fermilab's doctor

Accelerator Update

Nov. 3-5

- Two stores provided ~25.75 hours of luminosity
- TeV sector C1 wet engine needed overhaul
- Pbar magnet LCW leak repaired
- TeV quenched, no beam
- Pbar Debuncher injection septa repaired
- MI power supply loop controller problems fixed
- Meson FTBF T-1004 experiment began taking beam

[Read the Current Accelerator Update](#)

[Read the Early Bird Report](#)

[View the Tevatron Luminosity Charts](#)

Announcements

Latest Announcements

[FNPRT upgrade delayed until Nov. 18](#)

[Turkey date for Thanksgiving dinner](#)

[Computer Security Awareness Day - Nov. 9](#)

[Annual Enrollment](#)

Archives

[Fermilab Today](#)

[Director's Corner](#)

[Result of the Week](#)

[Safety Tip of the Week](#)

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Some of the survey questions pose scenarios that will help the laboratory understand employee travel decision making and provide ES&H with a starting point to develop options to reduce the related greenhouse gas emissions.

Fermilab needs to report this emission data to DOE by December 1. DOE will use this information to understand the impact of greenhouse gas emissions within the department. [DOE's Strategic Sustainability Performance Plan](#) sets challenging greenhouse gas reduction goals, including one to reduce emissions associated with employee travel 12 percent by 2020.

DOE anticipates meeting this goal by focusing on ways to help employees reduce their carbon footprints, including influencing employee energy use and transportation options.

This survey applies to employees only (those whose badges have the letter N after their ID number). The survey will close on November 19.

[Take the survey.](#)

In the News

White House honors young scientists

From *Daily Herald*, Nov. 5, 2010

Editor's note: See tomorrow's Fermilab Today for more on Juan Estrada.

Three young scientists from suburban government science labs have been awarded the highest honor in their fields given by the federal government to researchers still in the early phases of their careers.

Dillon Fong and Elena Shevchenko, who both work at Argonne Laboratory in Lemont, joined Juan Estrada, a physicist at Batavia's Fermi Laboratory, and 82 other scientists and engineers around the country in winning the award from nine different participating agencies ranging from the Department of Defense to Agriculture to Energy.

They were all nominated by the labs at which they work and recognized for their innovative research as well as their commitment to community service.

"These presidential awards recognize that one of the responsibilities indeed, one of the defining features of great scientists and

[Stampers club - Nov. 9](#)

[Lunch and Learn about Qigong, Mindfulness & Tai Chi Easy for Stress Reduction - Nov. 10](#)

[Free CERN LHC book](#)

[Muscle toning begins Nov. 9](#)

[Free noontime concert: solo piano by Jacqueline Schwab - Nov. 11, Ramsey Auditorium](#)

[Special English Country Dance with Jacqueline Schwab - Nov. 10 in St. Charles](#)

[Nov. 22 deadline for The University of Chicago Tuition Remission program](#)

[Pedestrian safety awareness for families](#)

[Pedestrian safety at crosswalks](#)

[ES&H winter fair - Nov. 10](#)

[Bullying: It's everyone's problem - Nov. 18](#)

[Accelerate to a Healthy Lifestyle program through Dec. 31](#)

[Chicago Blackhawks November discount tickets](#)

[Yoga begins Nov. 2](#)

[Submit an announcement](#)

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engineers is that they put their knowledge and experience to work for others," said Rick Weiss, director of strategic communications at the Office of Science and Technology Policy.

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