

Calendar

Wednesday, Dec. 17
3:30 p.m.

DIRECTOR'S COFFEE
BREAK - 2nd Flr X-Over
4 p.m.

[Fermilab Colloquium](#) - One
West

Speaker: Chris Holland,
University of California, San
Diego
Title: Simulation of Fusion
Plasmas

Thursday, Dec. 18
1 p.m.

Physics and Detector Seminar
- West Wing, WH-10NW
Speaker: Thomas Rizzo, SLAC
National Accelerator Laboratory
Title: SUSY Without Prejudice
1 p.m.

[Special Particle Astrophysics
Seminar](#) - Curia II (NOTE
DATE)

Speaker: Catherine Bailey,
Case Western University
Title: Cryogenic Dark Matter
Search – Present Results and
Future Detectors
2:30 p.m.

[Theoretical Physics Seminar](#) -
Curia II

Speaker: Neil Christensen,
Michigan State University
Title: FeynRules
3:30 p.m.

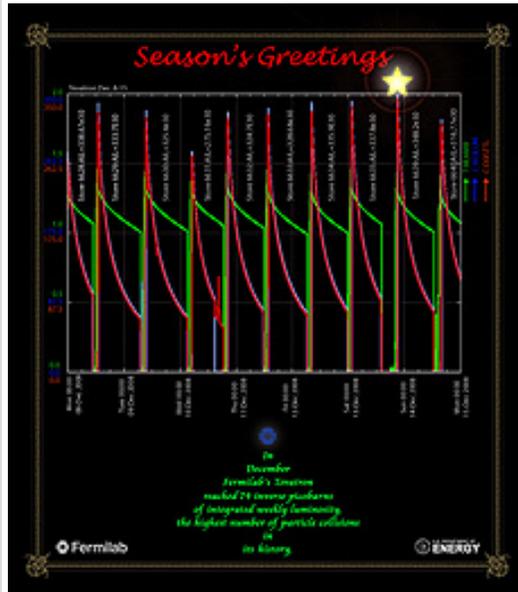
DIRECTOR'S COFFEE
BREAK - 2nd Flr X-Over
THERE WILL BE NO
ACCELERATOR PHYSICS
AND TECHNOLOGY
SEMINAR TODAY

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

Weather

Milestone

Comfort! Joy! Luminosity!

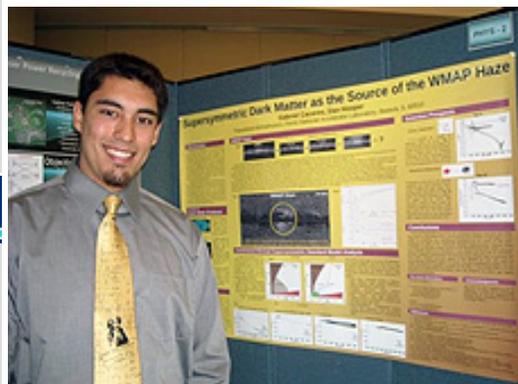


Happy Holidays from Fermilab. Click on the image above to view the full size holiday greeting card. Scroll down past the image for instructions on how to send the card to your friends.

Last week accelerator operators achieved a new weekly integrated luminosity record of 74 inverse picobarns. The record, set for the week of Dec. 8 through Dec. 15, tops the previous record of 63.5 inverse picobarns from the week of Nov. 24 to Dec. 1 by 16.5 percent. That amounts to a seven-fold increase from the weekly integrated luminosity record of 10.65 inverse picobarns set in July 2003 in the beginning of Run II. During the record-setting week, the Tevatron ran a continuous 168 hours.

Feature

Former Fermilab intern wins DOE challenge



From the WDRS

Reduce holiday stress

Kay Van Vreede, the head of the Workforce Development and Resources Section, wrote this week's column.

This has been a stressful year for all of us at the laboratory because of budget problems, furloughs and uncertainties about our future. The holiday season can add to that stress instead of allowing time for you to hibernate and recharge during the winter solstice.



Kay Van Vreede

You can increase your stress during the holiday season by trying to do too much. To reduce your stress, you can follow a few basic tips.

- Laugh! Make time for some fun.
- Don't abandon your healthy habits. Get plenty of sleep. Exercise. Try to get a least a little natural sunlight every day. Find quiet time to yourself.
- Volunteer. Helping others can be a great way to lift your spirits and help others.
- If you feel lonely, reconnect with someone you haven't seen in awhile. Schedule activities with friends ahead of time.
- Organize your time. Making lists can make you feel in control.
- Let go of the past and find new ways to celebrate or start new traditions.
- Simplify. Say no to requests or invitations you can't reasonably handle. Ask for help. Lower your expectations. How many of us can be Martha Stewart?

Still need a little help to relieve stress or holiday depression? You can turn to the Employee Assistance Program (EAP) here at work. Our program offers assessment, referrals and short-term counseling for personal and work-related problems. Other services include no-cost legal and financial consultation, childcare and eldercare resources and pet sitter referrals.

You can make an appointment with our on-site EAP counselor Ginny Stack at (630) 840-3591 or vstack@fnal.gov



Mostly cloudy
20°/12°

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

[Current Security Status](#)

[Secon Level 3](#)

[Wilson Hall Cafe](#)

Wednesday, Dec. 17

- Chicken noodle
- Pizza burger
- *Maple Dijon salmon
- Mongolian beef
- California club
- Assorted sliced pizza
- Chicken pesto pasta

*Carb restricted alternative

[Wilson Hall Cafe Menu](#)

[Chez Leon](#)

Wednesdsay, Dec. 17
Lunch

- Tortellini with shrimp, red peppers, green onions and pine nuts
- Spinach & pomegranate salad
- Peppermint cheesecake

Thursday, Dec. 18
Dinner

- Spinach & strawberry salad
- Lobster tail
- Spaghetti squash w/ green onions
- Green bean almandine
- Crème de menthe mousse w/ Christmas cookies

[Chez Leon menu](#)

Call x3524 to make your reservation.

[Archives](#)

[Gabriel Caceres, a former Fermilab intern, won the Department of Energy's first Science and Energy Research Challenge.](#)

The Department of Energy has honored former Fermilab intern Gabriel Caceres at its first Science and Energy Research Challenge.

Caceres won \$3,000 and first prize in the physics category for [research on dark matter](#) he conducted at Fermilab last summer.

Caceres completed two summer internships at Fermilab as an undergraduate in 2007 and 2008. He was one of a dozen students researching at Fermilab through the Summer Internships in Science and Technology program for members of minority groups.

He is also an alumnus of the Saturday Morning Physics program for local high school students.

"For me it was very cool to go back to Fermilab and get to work on the stuff I learned about when I was in high school," he said.

The high-energy physics journal *Physical Review D* recently approved for publication the paper Caceres and his advisor, Fermilab physicist Dan Hooper, wrote about the research.

Caceres currently attends graduate school at Penn State University. He is working toward a Ph.D. in astronomy and astrophysics.

Caceres spent the past summer looking for ways to make sense of a haze of radiation scientists observe in the center of the galaxy. Hooper has promoted the idea that a concentration of dark matter particles there may annihilate one another and create a cloud of particles that is responsible for the radiation. Caceres examined multiple models of dark matter and found that many fit with this theory.

Hooper came up with the project. "It was something I wanted to do but didn't have time to do myself," he said. Caceres sped through the research in 12 weeks.

"That's remarkably fast," Hooper said. "I'm a little jealous of whoever his advisor turns out to be."

Hooper had never worked with a student intern. "But people said a lot of good things about his ability to learn things quickly and his enthusiasm," he said. "I thought I'd give him a chance. He certainly did not disappoint."

You can also go to the Web for helpful articles and assistance through horizon care. You can find information on our [Web site](#).

Let's hope 2009 is a year that will offer us peace and joy in our working and personal lives.

[Safety Update](#)

ES&H weekly report, Dec. 16

This week's safety report, compiled by the Fermilab ES&H section, includes no injuries. We have now worked 42 days since the last recordable injury. Find the full report [here](#).

[Safety report archive](#)

[Announcements](#)

[Have a safe day!](#)

[Science Chicago hosts Mythbusters](#)

[NALWO - A Russian Style New Year](#)

[Holiday Pay Dates](#)

[Fermilab Blood Drive Dec. 16, 17](#)

[The University of Chicago Tuition Remission Program deadline Dec. 17](#)

[Weekly Time Sheets are due Dec. 18](#)

[International Folk Dancing Holiday Party Dec. 18](#)

[Monthly Leave Sheets due Dec. 19](#)

[Shop early - Lederman Science Center store open until Dec. 20](#)

[Barn Dance Dec. 21](#)

[Holiday Closing](#)

[Weekly Time Sheets are due Dec. 22](#)

[SciTech winter camps, Dec. 22-23 and 29-30](#)

[Find carpool partners with PACE](#)

[Python Programming - Jan. 6 - 8](#)

[Outlook 2007 New Features classes scheduled Jan. 15 and Feb. 3](#)

Fermilab Today

-- Kathryn Grim

[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

[Intermediate / Advanced Python
Programming - Jan. 27 - 29](#)

[IRS Final 403\(b\) Regulations](#)

[Submit an announcement](#)

[Additional Activities](#)