

## Calendar

### [Have a safe day!](#)

Friday, August 21  
3:30 p.m.

DIRECTOR'S COFFEE  
BREAK - 2nd Flr X-Over  
THERE WILL BE NO JOINT  
EXPERIMENTAL-  
THEORETICAL PHYSICS  
SEMINAR TODAY

Monday, August 24

PARTICLE ASTROPHYSICS  
SEMINARS WILL RESUME IN  
THE FALL

3:30 p.m.

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

THERE WILL BE NO ALL  
EXPERIMENTERS' MEETING  
THIS WEEK

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

## Campaigns

## Take Five

## Tune IT Up

## Weather

 Showers likely  
72°/54°

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

Current Security  
Status

## Secon Level 3

Wilson Hall Cafe

## Tune IT Up Q&A

### Password Q&A

**Q:** I just set my new services account password, and I thought I would eventually be able to use that to log into my e-mail account. Why do I need a new password for my e-mail account on the IMAP server?

**A:** You will be able to log into your e-mail account using your services account password, but only after the Computing Division has moved your account from the IMAP server to a new, up-to-date server that runs Microsoft Exchange and accepts services account passwords. All newly hired employees are already setting up e-mail accounts on the Exchange server. At an upcoming stage in the Tune IT Up campaign, the Computing Division will begin the process of moving Fermilab divisions and sections to the Exchange server. This will allow Fermilab employees to use their secure services account passwords to log into their e-mail accounts.

But until the Computing Division can complete the move, we need to ensure that those employees who remain on the IMAP server are secure in their e-mail use. So, in the interim, we have improved the complexity requirements for IMAP server passwords and require all IMAP users to change their passwords by Sept. 15.

## Recreation Feature of the Month

### Classes, events and discounts for September



Members of the Kyuki-do class give a demonstration in the Wilson Hall atrium as part of a Recreation Fair earlier this year.

**Editor's note:** This is the second installment

## Recovery Act Feature

### First Recovery Act vehicle arrives at Fermilab



This hybrid Ford Fusion is the first of 24 new alternative-fuel vehicles that will join the Fermilab fleet in the coming weeks, thanks to funds secured by the Department of Energy through the American Recovery and Reinvestment Act. The Fusion will replace a 2001 Ford Taurus used by PPD personnel from DZero.

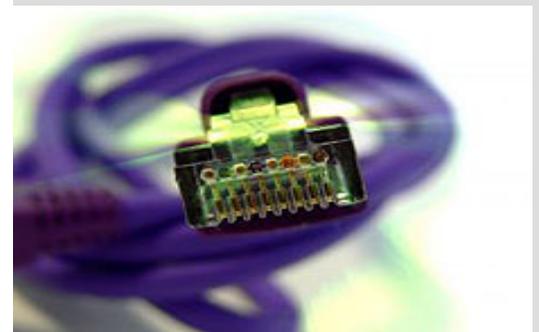


Visit the Recovery Act at Fermilab [Web site](#).

## Recovery Act Feature

### Recovery Act funds speed up high-speed ethernet

From *iSGTW*, Aug. 19, 2009



Friday, August 21

- Old fashioned ham & bean
- Philly style chicken
- Chicken pot pie
- Baked fish over rice
- Roasted veggie & provolone panini
- Assorted sliced pizza
- Baked potatoes

[Wilson Hall Cafe menu](#)

**Chez Leon**

Wednesday, August 26

Lunch

- Catfish w/coarse mustard
- Roasted corn and red peppers
- Spicy tomato rice
- Chocolate pecan pie

Thursday, August 27

Dinner

- Closed

[Chez Leon menu](#)

Call x3524 to make your reservation.

**Archives**

[Fermilab Today](#)

[Result of the Week](#)

[Safety Tip of the Week](#)

[User University Profiles](#)

[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)

Visit the Fermilab [home page](#)

of a monthly article highlighting upcoming classes, events, clubs and discounts from the Recreation Department. Check back on the third Friday of every month for the next month's information.

Summer is almost over, but that doesn't mean it is time to give up on your fitness. Fitness classes are starting now:

- Tai Chi for Health (new): Tai Chi is a low-impact form of exercise that may help improve balance, range of motion, flexibility, increase energy, lower blood pressure, increase core strength and achieve mind-body harmony. Each individual controls his or her level of exertion and the class can be done seated. Classes from 4:45-5:30 p.m. Sept. 14 – Nov. 16 on Mondays at the Kuhn Barn, upper level. Session fee: \$65. The Recreation Department will host a free Tai Chi open house from 12:15-1:00 p.m. and 4:45-5:30 p.m. on Monday, Aug. 24, in the Users' Center Music Room.
- Lo Cardio (new): A great class for beginners or those who want to choose their own intensity. Improve your cardiovascular endurance and muscular strength at your own pace and work on posture, core and flexibility. Classes take place from 12:15 p.m. – 1 p.m. Sept. 14 – Nov. 16 on Mondays at the Recreation Facility. Session fee: \$65.
- Kyuki Do: Sept. 14 – Oct. 21 from 5-6 p.m. on Mondays and Wednesdays. Classes take place at the Recreation Facility. Session fee: \$55.
- Muscle Toning: Now through Sept. 29 from 5:30-6:30 p.m. on Tuesdays and Thursdays at the Recreation Facility. Session fee: \$77.

This month, the Recreation Department will also sponsor two events:

- Scrapbooking Open House: Monday, Sept. 14, from 11:30 a.m. – 1 p.m. in the Wilson Hall Aquarium, 15th Floor. Fees: \$5-\$10.
- Lunch and Learn: National Cholesterol Education Awareness Month: Wednesday, Sept. 23, from noon-1 p.m. in Curia II. Lecture by Dr. William Monaco of Delnor Community Hospital.

Employees and users can also contact the Recreation Department to take advantage of special discounts, including:

- Great America tickets
- Renaissance Fair
- Wisconsin Dells coupon books
- Raging Waves Waterpark

Photo courtesy of Phil Edon, [stock.xchng](#).

**Editor's note:** ESnet is a high-speed network directly connecting more than 40 major Department of Energy sites; it provides all of Fermilab's off-site network connectivity. ESnet also develops network technologies, which are used at Fermilab on a daily basis.

ESnet, which is based at Lawrence Berkeley National Laboratory, described their plans for the network in an announcement on the 10 August. Dubbed the Advanced Networking Initiative, it will serve as a pilot for 100 gigabit per second ethernet technology.

"We're moving to 100 gigabits because the standard today is 10 gigabits, and we already have individual streams of data that are bumping against that limit," said Steve Cotter, ESnet department head, in a recent interview. "We'd like to have a system out there that can handle more."

The Initiative will build 100 gigabit connections between the National Energy Research Scientific Computing Center at Lawrence Berkeley National Laboratory in California, Argonne National Laboratory in Illinois, and Oak Ridge National Laboratory in Tennessee. A fourth as of yet undetermined location in New York City will serve as a peering point – a sort of gateway – to international collaborators in Europe and Asia.

The Advanced Networking Initiative is being designed with the needs of some of today's largest international science collaborations in mind. For example, the next-generation archive of climate modeling data, which is maintained by the Program for Climate Model Diagnosis and Intercomparison at Lawrence Livermore National Laboratory in California, will contain at least 650 terabytes of data accessed by more than 2500 researchers worldwide. Likewise, once the Large Hadron Collider in Switzerland goes online, it will be able to generate in excess of 100 gigabits of data per second.

[Read more](#)

**Announcements**

- Magic Waters Waterpark
- Thai Village Restaurant: \$7 lunch set offered. Menus are available in the Recreation Office or online.

### In the News

## Warrenville man paralyzed in ski accident adapting to new world

From *Daily Herald*, Aug. 20, 2009

**Editor's note:** Joe Leo worked at Fermilab for 26 years until a skiing accident paralyzed him. A fundraiser will be held on Aug. 29.

Every morning when Jan and Joe Leo wake up, they are reminded that virtually everything about their old lives has changed.

They had to sell their car and are trying to unload their home in West Chicago. Major career changes have ensued, and now they must see doctors, nurses or therapists every day.

Their lives are marked by a distinct before-and-after line, which was drawn on March 14 during a family ski trip to Wisconsin.

As Joe Leo, 52, glided down a slope, his skis sunk into a patch of slushy snow and stopped - but his body kept going. He slid on his back into a log, fracturing two cervical vertebrae and suffering severe spinal cord damage.

Today he feels nothing from his chest down, but can move his arms and thumbs.

[Read more](#)

## Latest Announcements

[Lunch & Learn about skeletal conditions - August 26](#)

[Vacation policy changes for exempt employees - Sept. 1](#)

[English Country Dancing, Sept. 20](#)

[American Cancer Society announces winners of drawing](#)

[Bowlers wanted](#)

[Thai Village restaurant discount](#)

[Argentine Tango through Sept. 9](#)

[Fermilab Blood Drive Aug. 25 and 26](#)

[What's New in NI LabVIEW 2009? Aug. 27](#)

[URA Visiting Scholars Program now accepting applications](#)

[Bristol Renaissance Faire discount tickets](#)

[Six Flags Great America discount tickets](#)

[Raging Waves Waterpark online discount ticket program](#)

[Mosaico Hispanico - celebrating Hispanic music and dance - Sept. 19](#)

[Sign up for fall Science Adventures classes](#)

[Office 2007 New Features class offered in September](#)

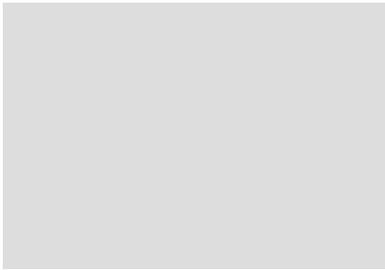
[Buttered Rum performs at Fermilab Arts Series Oct. 24](#)

[Fred Garbo Inflatable Theatre at Fermilab Arts Series - Nov. 7](#)

[Process piping \(ASME B31.3\) class offered in October and November](#)

["The Night Before Christmas Carol" - at Fermilab Arts Series - Dec. 5](#)

[Additional Activities](#)



[Submit an announcement](#)

Classifieds

Find new [classified ads](#) on *Fermilab Today*.