

Calendar

Monday, May 22

2:30 p.m. Particle Astrophysics Seminar

- Curia II

Speaker: D. Wittman, University of California, Davis

Title: Deep Lens Survey (DLS) Results

3:30 p.m. DIRECTOR'S COFFEE

BREAK - 2nd Flr X-Over

4:00 p.m. All Experimenters' Meeting - Curia II

Special Topics: High Pressure MuCool RF Cavities in B Field; Zebra Mussel Abatement

Tuesday, May 23

3:30 p.m. DIRECTOR'S COFFEE

BREAK - 2nd Flr Crossover

4:00 p.m. Accelerator Physics and

Technology Seminar - 1 West

Speaker: K. Seiya, Fermilab

Title: Status of Slip Stacking in the Main Injector and Future Plans

For links to events, click [here](#).

Weather



Mostly Sunny **69°/41°**

[Extended Forecast](#)

[Weather at Fermilab](#)

Current Security Status

[Secou Level 3](#)

Wilson Hall Cafe

276 people ride, walk and run around the ring for fitness



These "rough riders" made the 4-mile trek on their bicycles. ([Click on image for larger version.](#))

276 employees made their way around the four-mile Tevatron ring during last Wednesday's Health and Fitness Day. Included in the event was a stretch station where employees drew cards with instructions for neck rolls and arm stretches; an obstacle course complete with hopscotch; and an exercise station with dice labeled with jumping jacks and other activities. 110 prizes, including arm band radios, swim gloves and dumbbells were raffled and a participation trophy was given to the division or section with the greatest percent participation. The trophy went to Business Services at 37.96 percent, a slight edge over Lab Services at 37.50 percent. "Special thanks to volunteers from the Wellness Committee, RFACS, and to Karen Karlix and Lou DalMonte for all of their help," said Recreation Manager Jean Guyer. "We couldn't have done this without them."

--Siri Steiner

Town Hall Electrical Safety Meeting Tomorrow in 1 West

Safety Tip of the Week

Cumulative Trauma Disorder



Most injuries occur in an instant. However, some arise gradually due to an accumulation of small stresses that may take weeks, months or years before symptoms appear. Referred to as Cumulative Trauma Disorder (CTD), these injuries are caused by prolonged muscle tension, repetitive motion, overuse, or incorrect/static posture. Fermilab's workforce is by no means immune to occupational CTDs. Since 1998, we have had 107 cases or suspected cases: with most affecting the wrist or arm.

Fermilab takes pride in its committed work force. Paradoxically, an employee's positive attitude of "the job needs to get done" can sometimes lead to making a condition worse. Too often people ignore the discomfort, attempting to work through the pain, until the condition has reached an advanced stage. At that point, prescription drugs, physical therapy, injections or surgery may be needed.

Dr. Foxen of Fermilab's Medical Department urges workers to be aware of pain patterns that may signal the onset

Monday, May 22

- French Quarter Gumbo
- French Dip with Horseradish Cream Sauce
- Santa Fe Pork Stew
- BBQ Roasted Quartered Chicken
- Turkey Breast on Homemade Focaccia
- Pizza
- Sweet n' Sour Chicken w/Egg Roll

The Wilson Hall Cafe accepts Visa, Master Card, Discover and American Express.

[Wilson Hall Cafe Menu](#)

Chez Leon**Wednesday, May 24****Dessert Lunch**

- Cold Fruit Soup
- Assortment of Desserts
- Cold Lime Soufflé

Thursday, May 25**Dinner**

CLOSED

[Chez Leon Menu](#)

Call x4598 to make your reservation.

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Bob Ducar led the first Town Hall Electrical Safety Meeting in 2004 ([Click on image for larger version.](#))

Got questions about electrical safety? Come to the Electrical Safety Town Hall meeting in One West tomorrow at 10 a. m. to get answers from Electrical Safety Subcommittee chair Bob Ducar and his panel of experts.

"This meeting is for anybody who has questions, or who wants to learn a little more about electricity," said Ducar. Attendees can ask about anything that has to do with electricity or electrical safety, from shock or arc-flash dangers at work to wiring for home improvement projects. "We want people to be safe both at home and at work," said Ducar. "We'll entertain any question about electricity."

The allotted time for the meeting is one and a half hours, but the actual length depends on how many questions are asked. "The meeting is voluntary and very informal," said Ducar. "Just show up when you can and be ready to ask questions."

--Siri Steiner

In the News

of CTD. Typically, there is a gradual onset of pain, numbness or tingling in the wrist, hand, neck, shoulder or elbow with repeated use. If caught early, CTD's can often be completely reversed with simple and inexpensive measures such as resting the painful part, altering the work station and using over the counter pain medicine or cold packs. If you have pain lasting more than 4-6 weeks that is not responding to these measures, consider consultation with the Medical Department staff or your personal health care provider.

[Safety Tip of the Week Archive](#)

Announcements**Batavia Road entrance closed to cars and bicycles**

The Batavia Road entrance is closed through Friday, May 26, while the City of Warrenville re-paves roadways and carries out other construction work along Batavia Road. Delays are expected to continue until early June, even after the entrance re-opens. Drivers and bicyclists should use Pine and Wilson Street entrances until the work is completed. Pine Street entrance hours are 6:00 a.m. to 8:00 p.m. for the general public and 24 hours a day, 7 days a week for employees. The Wilson Road entrance hours are 6:00 a.m. to 6:00 p.m., Monday through Friday. For more information, contact Tom Prosapio at prosapio@fnal.gov

Children's Swim Lessons

The Aurora YMCA will soon offer children's swim lessons at the Village Pool. Lessons are open to children of employees, users, and approved contractors ages 4 yrs. to 12 yrs. Cost for pre-school lessons is \$40.00 and \$45.00

[Fermilab Result of the Week archive](#)

[Fermilab Safety Tip of the Week archive](#)

[Linear Collider News archive](#)

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Duke University News, May 19, 2006: International Symposium to Assess Present and Future Promise of World's Most Powerful Particle Colliders

As a time of major transition in physics research draws closer, an international group of scientists will meet May 22-26 at Duke University for this year's Hadron Collider Physics Symposium.

Participants will review the latest results from what is now the world's most powerful subatomic particle smasher and review final planning for its even more powerful successor now nearing completion.

[Read More](#)

for all other classes. Lessons are taught in two-week sessions, Monday through Thursday with Friday as a makeup day. The session dates are: Session 1-Weeks of June 19 & June 26, Session 2-Weeks of June 3 & July 10, Session 3-Weeks of July 17 & July 24 and Session 4-Weeks of July 31 & August 7. More information can be found [on the web](#) or in the Recreation Office.

Professional Development

New classes are always being added to the professional development schedule. For the most up-to-date course offerings, go to [the web page](#).

[Upcoming Activities](#)