

Calendar

Wed., December 20

3:30 p.m. Director's Coffee Break - 2nd Floor Crossover

THERE WILL BE NO FERMILAB ILC R&D MEETING THIS WEEK

THERE WILL BE NO COLLOQUIUM THIS WEEK

Thurs., December 21

3:30 p.m. Director's Coffee Break - 2nd Floor Crossover

THERE WILL BE NO THEORETICAL PHYSICS SEMINAR THIS WEEK

THERE WILL BE NO ACCELERATOR PHYSICS AND TECHNOLOGY SEMINAR TODAY

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

Weather



Cloudy 41°/35°

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

Current Security Status

[Secon Level 3](#)

Wilson Hall Cafe

Wednesday, December 13

- Italian Wedding w/Meatballs
- Diner Style Patty Melt
- Chicken a la Mer
- Mongolian Beef
- Greek Chicken Panini w/Feta Cheese
- Assorted Slice Pizza

[Wilson Hall Cafe Menu](#)

Chez Leon

Feature Story

The staff of Chez Leon: Still cooking after all these years



Tita Jensen, chef of Chez Leon, tries never to repeat a menu item.

It's Wednesday morning and the staff of Chez Leon are hustling. Four women scurry between rooms, calling out to each other while chopping, slicing, peeling, pouring, mixing and mashing. Tita Jensen, chef of Chez Leon--a Fermilab institution older than the Tevatron--will tell you she has the best job in the world but, she says, "it's not one for wimps."

"I've never had anything there I would try to make at home," said Marylin Smith, an administrative assistant in the office of the directorate who has been dining at the restaurant for more than 20 years. "And I've never had anything there I didn't enjoy."

When planning the menu, Jensen tries for no repeats "but after 28 years it's difficult," she says. Each week the menu is a product of many influences on Jensen. She considers the season--what food is current and what people enjoy during that time of year. When she travels, she is attuned to regional food for new

From the Fermilab Today Team

Happy Holidays!

The *Fermilab Today* team wishes you a great holiday season and a happy new year. This is our last issue of the year, and we will return with the next issue on Wednesday, January 3.

Tips for the Holidays

Make the most of the holidays



Fermilab employee Joe Klemencic created a light show for the holiday season at his house in Pingree Grove. [Click on the image](#) to see a video of the blinking lights to the sound of music.

For the holidays, we hope for a time of joy, family gatherings and special celebrations. Yet the holidays can be a time of excessive stress, frustration and a lack of fulfillment. Often we place unrealistic expectations on ourselves. Fermilab's Employee Assistance Program provides the following suggestions to help manage your holidays and to help make New Year's resolutions that can be kept.

Indulge the ghost of holidays past: What memories stand out for you? What do the holidays really mean to you? Make a plan to incorporate these activities into your holidays and lessen the things that aren't as important.

Keep it simple: It's OK to use paper plates, to have others contribute to the dinner and to have the family pick names for gift giving, rather than purchase them all yourself. Give yourself a chance to rest and to have time for yourself.

Plan ahead: Make a list of the things you need to do, make a schedule and stick to it. Make sure to include time to do something special for yourself, such as time to sit by the fire and enjoy a good book. Do things one step at a time.

Wednesday, December 20**Lunch**

Salmon and Spinach

Wellington

Mixed Greens w/Radishes

and Raspberry Vinaigrette

Chocolate Cake w/Raspberry

Sauce

Thursday, December 21**Dinner**

Chestnut Soup w/Cognac

Cream

Lobster Tail w/Champagne

Butter Sauce

Spaghetti Squash w/Green

Onions

Spinach Salad w/

Pomegranates

Raspberry Parfait w/

Assortment of Christmas

Cookies

[Chez Leon Menu](#)

Call x4598 to make your reservation.

Archives[Fermilab Today](#)[Result of the Week](#)[Safety Tip of the Week](#)[ILC NewsLine](#)**Info**

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Send comments and suggestions to: today@fnal.gov

ideas. She enjoys leafing through the new cookbooks at the library. And she must consider the cost of the food to be served.

Jensen, originally from the Dominican Republic, recognizes the sensibilities of the Midwest in her menu planning: "People like good honest food--I don't believe in grinding things up and reshaping them. I like to see where it came from."

It's not all meat and potatoes though. With an international audience, "you can play." Jensen enjoys her freedom, "The best part of my job is that I have a free hand and I have the best staff anyone ever could. We all work together on everything."

In the kitchen with her, "hustling," are Konnie Barnes, who began at Chez Leon 27 years ago--when she was 16, Kathie Lootens, head baker of 25 years, Chivas Makaroplos, bartender of seven years, and their "new treasure" Veronica Almeraz.

Jensen plans to be cooking with her team for a long time yet. "My husband recently asked me, 'What are you going to do when you retire?'" she said. "I told him I don't want to retire. I hope I'm standing at the stove one day when I fall over. I hope I die cooking."



[Connie Barnes](#) (left), [Tita Jensen](#) and [Kathie Lootens](#) have been cooking together for more than 25 years.

Chez Leon was profiled in a 2001 issue of *FermiNews*. To read more click [here](#).

--D.A. Venton

Photo of the Day**Look at how you want to change, not what:**

For New Year's resolutions, look at how you can achieve your goals and monitor your progress. Make the steps specific, measurable and positive. For example; resolve to go to the gym 3 times per week vs. to get in shape. You'll find it's easier to meet your goals.

Breakdown long term goals: List small action steps to accomplish your goals. Reward yourself each time you complete one of the steps. Keep doing this as you make your way towards your long term goal.

Always make it positive: Looking forward to what you want as opposed to what you'll give up helps to position you for long term success.

If you want additional information or support, you can contact the [Fermilab Employee Assistance Program](#) at 1-800-843-1327, provided 24/7 by VMC Connect. All personal requests for information or assistance are free of cost to Fermilab employees and are strictly confidential.

Accelerator Update**December 18 - 20**

- Three stores provided 41 minutes and 49 minutes of luminosity
- I-Source trips continue
- NuMI BPM and horn problems
- Linac Debuncher water skid repaired

[Read the Current Accelerator Update](#)

[Read the Early Bird Report](#)

[View the Tevatron Luminosity Charts](#)

Announcements**New issue of Symmetry**

The December issue of [symmetry magazine](#) is now online with stories about the Tevatron, the CDMS experiment and the many lives of Enrico Fermi's cyclotron magnet. Print copies of the magazine will be distributed in the usual way.

Payroll Department

The Payroll Department will close at 4:30 on December 21st and reopen at 7:30 am on January 2, 2007

Cashier's Office

The Cashier's Office will close at 4 pm on December 21st and reopen at 12:30 pm on January 2, 2007

Scottish Country Dancing

Scottish Country Dancing will meet through the holidays without any break on Tuesdays,



Land of the setting sun: Dean Validis of the Technical Division captured Monday's sunset from the CHL parking lot.

In the News

From *symmetry* magazine, December 2006:

The Tevatron brings it on

As work continues to complete the Large Hadron Collider in Europe and plans develop around the world for an International Linear Collider, one accelerator at the energy frontier is open for business right now. At Fermilab in Batavia, Illinois, the Tevatron collider is making discoveries.

Michael Weber is working late this Tuesday night in mid-November, crunching data from his desk in a cubicle in Fermilab's DZero building. He's analyzing data collected by the DZero collider experiment. He is determined to wring every drop of information from the experiment's vast and growing hoard of data. Just across the Tevatron ring, the scene is similar for Laura Sartori, working on the CDF experiment. Michael and Laura are looking for discoveries that could change particle physics forever. And the clock is ticking.

Michael and Laura are not alone—far from it. Almost 1400 scientists, members of the CDF and DZero collaborations, are pouring on the effort to make the most of the US accelerator's final run before CERN's Large Hadron Collider takes over the energy frontier later in the decade. Long after normal working hours, the lights burn in the cubicles of the CDF and DZero offices as experimenters search for the tell-tale tracks that might lead them toward a sighting of supersymmetry, extra dimensions, dark matter, exotic particles, and a host of other phenomena that no one on the planet has ever seen before.

[Read More](#)

Dec. 19, 26, and Jan. 2, at Kuhn Barn. Instruction begins at 7:30 p.m. and newcomers are always welcome. Most dances are fully taught and walked through, and you do not need to come with a partner. Info at 630-840-8194 or 630-584-0825 or folkdance@fnal.gov.

International Folk Dancing

International Folk Dancing will meet through the holidays without any break on Thursdays, December 21, 28, and Jan. 4 at Kuhn Barn. Dancing begins at 7:30 p.m. with teaching and children's dances earlier in the evening and request dancing later on. Newcomers are welcome and you do not need to come with a partner. Info at 630-584-0825 or 630-840-8194 or folkdance@fnal.gov.

English country dancing

English country dancing will continue on its current schedule of meeting the first Sunday afternoon of the month and will take place next on Sunday, January 7, at 2 p.m. Newcomers are welcome and you do not need to come with a partner. Please contact folkdance@fnal.gov or call 630-584-0825 or 630-840-8194.

Fermilab Flu shots

The Fermilab Medical Office is offering free flu shots. You are eligible to receive the free flu vaccine if you are an active, full-time regular employee or term and temporary employee. The following groups are not eligible: contractors, family members of employees, visitors/experimenters, seasonal employees, dayworkers and retirees. Please call Medical at x3232 to schedule a date and time.

A message from the Employment Office

Employees must update their charitable deductions with Payroll before the end of the year. If you have questions about how to do this, contact Dianne Engram at x4633.

[Upcoming Activities](#)