

Calendar

Friday, Oct. 26

3:30 p.m.

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

Monday, Oct. 29

2:30 p.m.

[Particle Astrophysics Seminar](#)

- Curia II

Speaker: D. Cumberbatch,
Oxford University

Title: Sterile Neutrinos as
Subdominant Warm Dark
Matter

3:30 p.m.

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

4 p.m.

All Experimenters' Meeting -
Curia II
Special Topic: High Power
Tests of Novel Fast Phase
Amplitude Modulators for HINS

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

Weather



Showers 60°/47°

[Extended Forecast](#)

[Weather at Fermilab](#)

Current Security Status

[Secou Level 3](#)

Wilson Hall Cafe

Feature

Stepping up the daily routine, program promotes walking



[Employees walk around the Main Ring during the Employee Health and Fitness Day in May.](#)

To get Fermilab employees to cram exercise into their busy schedules, the Benefits Office is introducing a program that encourages them to more of something they already do: walk.

"We're trying to do things that work with the population and that the health plans will partner with us on," said Mary Todd, manager of benefits administration.

The Benefits Office has partnered with CIGNA to introduce the 8-week "Just Walk 10,000 Steps-A-Day" program, administered through Cornerstone Fitness. A few hundred Fermilab people have already registered.

The program's Web site recommends that those participating in the program take advantage of the smaller opportunities throughout the day to get up and move. It highlights activities such as taking a 10 minute walk during lunch or parking your car at the end of the lot to help add in steps to your daily routine.

"We're trying to get something that will help us reduce health costs while providing benefits to our employees," Todd said.

Those interested in participating can register [here](#). To obtain pedometers, bring registration confirmation to the Fermilab Benefits Office. Contact Kay Campbell, x3395; Scott Lindsey, x4362; or Mary Todd, x4361; in the Benefits Office with questions.

From ILC Newline

Passing the torch



[John Osborne took over officially from Jean-Luc Baldy at ALCPG.](#)

The ILC Reference Design Report companion document, "Gateway to the Quantum Universe" played a symbolic role for CERN's Jean-Luc Baldy as he passed the torch to John Osborne, also from CERN, during the ALCPG07 workshop at Fermilab this week. For the past two years, Baldy served as one of the Conventional Facilities & Siting group leaders for the Global Design Effort. He retires later this year. The ALCPG workshop marks the official transition from Baldy to Osborne. "In the time that Jean-Luc was part of the GDE, we completed our baseline design and reference design for the ILC," said GDE Director Barry Barish. "His contributions to the CFS group helped us reach these two important milestones, and we will miss his wisdom and resourceful problem-solving skills."

[Read more](#)

In the News

Friday, Oct. 26

- Cream of wild mushroom
- Blackened fish filet sandwich
- Southern fried chicken
- Tuna casserole
- Eggplant parmesan panini
- Assorted pizza slices
- Assorted sub sandwich

[Wilson Hall Cafe Menu](#)

Chez Leon**Wednesday, Oct. 31****Lunch**

- Skeleton's bones
- Monster's eyes
- Vampire's wishes
- Ghost delight

Thursday, Nov. 1**Dinner**

- French onion soup
- Grilled halibut w/tarragon white butter sauce
- Grilled new potatoes
- Green beans w/lemon zest
- Chocolate soufflé w/hazelnut crème Anglaises

[Chez Leon Menu](#)

Call x4598 to make your reservation.

Archives

[Fermilab Today](#)

[Result of the Week](#)

[Safety Tip of the Week](#)

[ILC NewsLine](#)

Info

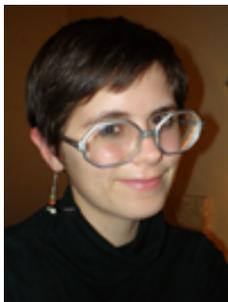
Fermilab Today is online at: www.fnal.gov/today/

Send comments and suggestions to: today@fnal.gov

Photo of the Day**Magnet on the move**

Last week, TD's Jerel Brown, Homer Cunningham, Lucas Zimmerman, Nick Marsh and Gregg Kobliska (not pictured) brought a 1200-pound section of a Tevatron magnet into Wilson Hall. The magnet is one of two objects that will be displayed in the atrium to highlight the development of accelerator technology at the laboratory.

Placing the magnet on the display stand was more difficult than expected and eventually required a creative solution using a set of mobile lift carts, also known as die carts.

Feature**Where are they now?**

Elizabeth Wade

Elizabeth Wade worked as an intern in the Office of Communication during the summer of 2005. She is now a Barnard college senior with a major in comparative literature and a weekly column in the *Columbia Spectator*. Her column, "Fear of Physics," runs on alternate Mondays.

Taking America beyond the Standard Model

Columbia Spectator, Oct. 22, 2007

The first things you notice at Fermilab are the buffalo. After building the world's most powerful particle accelerator underground, the physics lab decided to turn the land above it into a prairie preserve populated by a herd of American bison. A suburban legend floats around the surrounding town of Batavia, Illinois, that the bison serve the same function as canaries in a mine, with the physicists keeping tabs on the animals' well-being in order to monitor the lab's radiation. (In reality, Fermilab's radiation is less dangerous than the

The lesser spotted universe

From *Economist.com*, Oct. 25, 2007

A cosmic defect that appeared at the beginning of time has come to light

GOD does not play dice, or so said Einstein. But might he knit? If so, physicists seeking to explain the fundamental nature of the universe think they may have spotted a point at which a stitch became tangled, creating a flaw in the fabric of reality.

The universe was born in the Big Bang some 14 billion years ago. The first snapshots of the infant universe, showing it aged a mere 300,000 years, before the first stars coalesced, are taken in the light (or, rather, the microwaves) from that explosion. The cosmic microwave background, as it is known, reveals the early universe to have been a remarkably uniform fireball. Today's universe looks very different. It is lumpy, with clusters of galaxies scattered through it. Physicists have therefore spent years examining the baby pictures in the hope of discerning telltales of how the change happened.

[Read More](#)

Accelerator Update**Oct. 24-25**

- Tevatron conducting studies
- Pbar momentum cooling rephased
- Beam to Switchyard and Meson M01

[Read the Current Accelerator Update](#)

[Read the Early Bird Report](#)

[View the Tevatron Luminosity Charts](#)

Announcements**Have a safe day!****Project X Accelerator Physics and Technology Workshop Nov. 12-13**

Fermilab will host a workshop to discuss the accelerator physics and technology issues of Project X. The workshop will also explore possible areas of overlap and interest between various particle accelerator laboratories and universities. For more information or to register, see the Accelerator Physics and Technology Workshop for Project X [Web site](#).

Update your information by e-mail

Records@fnal.gov is the new e-mail address to use when making changes to your records. Use it to update your address, phone number,

sun's).

[Read More](#)

mail station and your work location.

EAP office hours temporary change

The EAP office will be open Tuesday, Oct. 30, from 9 a.m. to 1 p.m. but will be closed on Wednesday, Oct. 31, and Friday, Nov. 2. It will be open again on Tuesday, Nov. 6, from 9 a.m. to 1 p.m. but will be closed Wednesday, Nov. 7, and Friday, Nov. 9. The EAP office will resume the regular schedule on Wednesday, Nov. 14. The EAP is available 24/7 by calling (800)843-1327.

Classifieds

New [classified ads](#) have been posted on *Fermilab Today*.

[Additional Activities](#)