

NewsLetter

Week of September 24, 2007

Vol. 8, No. 20

A million reasons to give

Employee and LANS generosity key to local charitable efforts

by Steve Sandoval

Thirty-two Santa Fe four-year-olds get an early start on kindergarten through the Agua Fria Pre-K program... Elderly residents in Rio Arriba County who need transportation and home-care services receive help through Amigos del Valle... A community commercial kitchen in Santa Fe used by small-business owners to prepare food items for resale moves closer to becoming a reality... Los Alamos residents who need help with utility bills or rent deposits turn to Self Help Los Alamos... An Española soup kitchen increases its food storage capacity and now can feed more people in need... Books and toys are available to borrow from Family Strengths Network.

What's the common thread running through these initiatives? It's support provided by Laboratory employees and Los Alamos National Security, LLC. Thanks to employee giving and a dollar-for-dollar match to these donations by LANS, the United Way of Northern New Mexico and United Way of Santa Fe County have implemented new or expanded existing programs.

"With more than enough money for our member agencies, the generosity of Laboratory employees and the LANS match allowed us to extend our charitable efforts well beyond those member agencies," said Carolyn Mangeng, deputy associate director for Environmental Programs (ADEP) and United Way of Northern New Mexico board president.

"It's no secret that Los Alamos National Laboratory employees have continually demonstrated their commitment and concern toward those less fortunate in our communities," said United Way of Northern New Mexico Executive Director Donna Schroeder. "Now, with the LANS match, we're able to expand our reach even further through grants to agencies and by establishing new programs that strengthen families and communities. This is what the United Way is all about and we are grateful for the support of the Laboratory and Los Alamos National Security."

Schroeder noted a \$14,000 grant recently given to San Martin de Porres Soup Kitchen in Española to fund expansion of its capacity for storing cold food. The grant is one of several totaling more than \$225,000 United Way of Northern New Mexico recently awarded.

Likewise, in Santa Fe, grants from United Way are helping low-income families purchase homes, providing preventive health-care and treatment services from La Familia Medical Center, improving childhood nutrition through the new Cooking for Kids program, and diminishing hunger by providing food to the Food Depot and other agencies as part of a new Food 4 Kids program.

"The flagship of UWSFC's efforts to provide innovative, lasting change for the chronic conditions facing our community is the Santa Fe Children's Project," said Karen Sanchez-Samora, vice president for community relations of United Way of Santa Fe County. "The Santa Fe Children's Project creates opportunities for low income families in Santa Fe to overcome chronic problems and develop the strengths to move out of poverty," she added.

"Baby University" and the Agua Fria Pre-K program are part of the Santa Fe Children's Project. Through Baby University new parents can learn parenting skills and receive community assistance during the critical first three years of a child's life.

"The intent is to create a stronger, more vibrant, healthy community in which children will naturally succeed in school and beyond," said Sanchez-Samora.

The generosity of Laboratory employees isn't lost on United Way officials. Last month, representatives of the United Way of Santa Fe County handed out a snack to Lab employees who use the state's park-and-ride commuter bus service. The snack, a large cookie and half-pint of milk, was a gesture of thanks for supporting United Way.

Laboratory employees have been the largest contributors to the United Way of Santa Fe County campaign for seven years running. Laboratory employees pledged or donated \$165,000 to the United Way of Santa Fe's 2006 giving campaign.

"This year's theme, 'There are a Million Reasons to Give,' is symbolic of the LANS commitment to benefiting the Northern New Mexico community by matching Laboratory employee donations, dollar for dollar, up to \$1 million dollars," said Lillian Montoya-Rael, Community Programs Office (CPO) director, whose organization manages the annual campaign. "It also represents the millions of ways our employees' contributions can continue to provide critically needed services to children, seniors, and families in our communities."

Lab employees can contribute to United Way through payroll deduction or by personal check. Checks should be attached to the employee's pledge card and returned to Mail Stop P232 through interoffice mail.

For more information about the 2008 United Way campaign, contact the Community Programs Office at 7-4400 or unitedway@lanl.gov by e-mail. To read more about the campaign, watch the online *Daily NewsBulletin*.

The Laboratory's campaign continues through October 19.



Photos courtesy of United Way of Northern New Mexico and United Way of Santa Fe County



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How's your stress level?

Most visits to the doctor are to treat stress-related conditions. Repeated stress signals can weaken the immune system and are linked to colds, lung infections, high blood pressure, heart attacks, diabetes, asthma, allergies, colitis, alcoholism, obesity, backaches, and cancer progression, says Muriel MacFarlane in "Practical Life Extension."

This is where the mind-body connection comes into play. "The mind and the body cannot be separated," says Dr. George F. Solomon of the University of California, Los Angeles. "The mind is the brain and the brain is part of the body. The brain regulates and influences many physiological functions, including immunity. Mental and physical well-being are inextricably intertwined. We must have mental well-being to have physical health."

So how do we deal with the stress from a modern world? The truth is, you can't eliminate it—you can only change your reaction to it. Depending on how you react to it, stress can be a friend or a foe. If you harness the energy in stress, you can function at a higher level and accomplish more, say experts.

Stress can be a driving force to help people reach their goals. If you had no stress at all in your life, you'd never achieve anything worthwhile. The trick is to find the point where there is enough stress to avoid complacency, but not so much that you burn out.

More information on dealing with stress is available from the following:

- Employee Assistance Program: <http://int.lanl.gov/worklife/health/eap/>
- Wellness Center: <https://int.lanl.gov/health/wellness/index.shtml>
- Ombuds Office—Self Help Topics: <http://www.lanl.gov/orgs/ombuds/selfhelp/articles.shtml>

Los Alamos National Laboratory NewsLetter

The Los Alamos Newsletter, the Laboratory bi-weekly publication for employees and retirees, is published by the Communications Office in Communications and Government Affairs (CGA). The staff is located at 135 B Central Park Square and can be reached by e-mail at newsbulletin@lanl.gov, by fax at 5-3910, by regular Lab mail at Mail Stop C177 or by calling the individual telephone numbers listed below. For change of address, call 7-3565. To adjust the number of copies received, call the mailroom at 7-4166.

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Los Alamos National Laboratory is a multidisciplinary research institution engaged in strategic science on behalf of national security. The Laboratory is operated by a team composed of Bechtel National, the University of California, BWX Technologies and Washington Group International for the Department of Energy's National Nuclear Security Administration.

Los Alamos enhances national security by ensuring the safety and reliability of the U.S. nuclear stockpile, developing technologies to reduce threats from weapons of mass destruction, and solving problems related to energy, environment, infrastructure, health and global security concerns.



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Editor's note: The following is from an all-employee memo from Laboratory Director Michael Anastasio about the Lab's 2008 fiscal year budget.

Fiscal year 2008 budget uncertainties

As you are aware, the budgeting process for [the Laboratory] is long and complicated. This year is no exception. Although I had hoped that the Laboratory budget uncertainties would have been resolved by now, that is not the case. In fact, despite the efforts of the Department of Energy, the National Nuclear Security Administration, and our congressional delegation, our budget will likely be subject to a continuing resolution for several months. This creates a significant problem since it is unknown when a budget will be approved or what the budget will be. We believe the magnitude of the problem ranges from a best-case scenario flat budget to a budget cut by more than \$350 million.

[On September 5,] I received a note from NNSA Administrator Tom D'Agostino expressing his concerns about the uncertainties associated with the fiscal year 2008 budget and the potential for a continuing resolution scenario.

Tom's note, which went to all NNSA sites, said:

Since we have no ability to estimate how long we may have to operate under these conditions, we have to anticipate that it will be for an extended period of time. This situation unfortunately will cause some significant impacts to our sites' operating budgets and could affect our workforce. In addition, at a few of our sites, even if the impacts of a continuing resolution are avoided, changes to missions and work for other programs will likely cause workforce impacts in FY 2008.

Thus, as a hedge against the uncertainties of the budget and its timing, we need to begin planning for a possible restructuring of our work force. I have said before that we have had no plan for a reduction in force (RIF), nor were we planning for a RIF. The steps we have taken over the last year have served as a hedge against employee layoffs. These actions include cutting nonpersonnel costs, reducing spending and managing attrition across the Laboratory. But given the current budget uncertainty and given that the biggest cost for the Laboratory is personnel, these steps may not prove to be sufficient.

We are just beginning the planning process and there is a wide range of scenarios for which we must plan. While you can expect to hear and read estimates regarding possible employee impacts from a variety of sources there is no way to project specific outcomes this early in the process.

Under section 3161 of the National Defense Authorization Act of 1993, the Secretary of Energy approves and implements a Work Force Restructuring Plan whenever there is a determination that a change in the work force is necessary at a defense nuclear facility. The purpose of this plan is to mitigate the socioeconomic effects of prospective budget reductions and resulting work force restructuring on affected contractor and subcontractor workers and on our communities. You can find more about 3161 plans within the DOE Web site.

'I find this personally difficult. And I understand that these decisions affect individuals, families, and entire communities. While this is distracting, we cannot let the anxiety and uncertainty created by this situation divert us from ensuring that our best and brightest successfully carry out our missions and serve the national interest.'

Delaying such prudent contingency planning only compounds the problem. Thus, I have formed a team who will meet with DOE and NNSA to start developing a Work Force Restructuring Plan. Additionally, while we're initiating this planning process because of our current budget situation, we must keep in mind our prospects for future years. This plan will also put us in a better position to deal with any budget uncertainties in the future.

It is important to keep in mind that this is a planning process and that we have not yet worked out the details of our plan. Our preparations will be grounded in fairness with a lot of care and thought behind them. Looking at the Laboratory as a whole, our plan will focus on preserving the right jobs and people so that the Laboratory can successfully carry out its missions.

We are early in the planning process and I don't have many answers or even know all the questions that may be asked, I wanted to inform you at the outset, and I will continue to keep you informed as the process moves forward.

I find this personally difficult. And I understand that these decisions affect individuals, families, and entire communities. While this is distracting, we cannot let the anxiety and uncertainty created by this situation divert us from ensuring that our best and brightest successfully carry out our missions and serve the national interest. Our vision remains to be the premier national security science laboratory for the 21st century. We will continue to make limited strategic hires during this period as well as give our raises this year, paying special attention to ensure that our best people are paid the appropriate salaries.

I would like to close with a safety and security message. With the anxiety these uncertainties will surely create, now more than ever it is critical that we look out for each other's safety and security and take time to think before we act.



Laboratory Director Michael Anastasio talks to employees about the Lab's 2008 fiscal year budget. Photo by LeRoy N. Sanchez, Records Management/Media Services and Operations



September service anniversaries

5 years

Beverly Aikin, MST-6
 Mark Anderson, PF-TDI
 Joseph Bainbridge, HX-3
 Victoria Ballesteros, IRM-CAS
 Sean Blanchard, CCS-1
 Malcolm Boshier, P-21
 Matthew Briggs, HX-3
 Curt Bronkhorst, T-3
 Brenda Brown, CTN-1
 Susan Bryant, ASM-SUB
 Armando Chaires, ASM-SUB
 Brett Chandler, IP-SMFP
 Paula Crawford, MST-16
 Robin Debruyne, MQ-2
 Jeffery Densmore, CCS-2
 Nancy Duran, ASM-MM
 Julianna Fessenden-Rahn, EES-6
 James Fincke, X-2-PC
 Brandon Gabel, W-11
 Marc Gallegos, ENV-RCRA
 Maria Garduno, FME-WFO
 Heather Garrett, OS-PT
 Regina Glownia, ASM-SUB
 James Glownia, MPA-CINT
 John Greenfield, HPC-1
 Jerry Grindstaff, IHS-OS
 David Gunter, HPC-4
 Stephanie Hagelberg, DE-6
 Troy Harden, AET-5
 Ernest Hartline, DE-6
 Brandon Hawk, W-6
 Francois Hemez, X-1-MV
 Aaron Herrera, ASM-MM
 David Howard, ER-RS
 Sergei Ivanov, MPA-CINT
 Sung Chan Jun, P-21
 Gregory Kaczar, PMT-1
 Karen Kippen, IRM-CAS
 Andreas Klein, P-23
 Douglas Knutt, PF-TDI
 Jean-Francois Lucchini, EES-12
 Arthur Lueder, SAFE-S3
 Craig McCluskey, N-2
 Terry Miller, EES-6
 Dorothy Montoya, IRM-RMMSO
 Edward Narlesky, CFO-2
 Kay Ondracek, SEC-PPS1
 Francis Pace Jr., ASM-AO
 Norma Pawley, B-8
 Elena Perez, CT-PPI
 Andrei Piryatinski, T-14
 Richard Quintana, IRM-RMMSO
 Brenda Quintana, WT-8
 Thomas Rahn, EES-2
 Karen Richardson, CFO-2
 Terran Robertson, SEC-DSS9
 Ronald Roybal, CFO-3
 Renee Salazar-Romero, CAO-DS

Victor Sanders, DE-6
 Mary Sandstrom, DE-1
 Stacy Sayre, CTN-1
 Jeffrey Segler, IRM-CAS
 Achim Seifter, P-24
 Greg Sharp, X-4-NS1
 John Somatican, HR-CS
 Diane Spengler, PMT-5
 Erica Sullivan, TT-DO
 Francis Targhetta, ASM-SUB
 Josephine Thome, CFO-PRBEN
 David Thorn, ADCLES
 Charles Trask III, MSS-UI
 Ian Tregillis, X-1-HEDPL
 Kush Tyagi, ISR-4
 Georgiana Vigil, CMR-DO
 Jon Warner, C-ADI
 Brenda Warner, CT-PPI
 Todd Womack, P-25

10 years

Robert Atcher, B-DO
 Ula Binion, IHS-DO
 Christopher Bradley, EES-110
 William Challacombe, T-12
 James Charles, ES-DE
 Barbara Chaves, ADEP
 Zukun Chen, WT-1
 Bonnie Davenport, CSO-OFF
 Lucille Garcia, HR-OPS
 Walter Gilmore, W-10
 Michael Greenbank, IRM-RMMSO
 Richard Gutierrez, CM-CMGRS
 Elinor Gwynn, RP-DO
 Hans Herrmann, P-24
 John Kelley, AOT-MDE
 Alexander Kent, CTN-DO
 Sheldon Larson, DE-1
 Shengtai Li, T-7
 Lisa Lopez, X-DO
 Gilbert Mackey, MSS-UI
 Benjamin McMahon, T-10
 Jason Mossman, CTN-3
 Robert Owczarek, EES-11
 Kim Rasmussen, T-11
 Alexander Romero, CAO-AM
 Kevin Sanbonmatsu, T-10
 Tessie Sanchez, MCFO-DO
 Maguin, Sandoval, CTN-1
 John Stearns, AET-6
 Douglas Tasker, DE-6
 Laurie Triplett, EES-2
 Ivan Wachler, CAO-AM
 Robert Weiss, AET-5

15 years

Linda Anderman, CPO-OFF
 Shirley Atencio, CFO-3
 David Aubrey, HPC-1

Barbara Carmichael, IAT-1
 Donald Conger, PMT-4
 Keeley Costigan, EES-2
 Maryana Eames, CT-ITS
 Terry Fogle, IHS-IP
 Debbie Jennings, CFO-2
 Eileen Patterson, IRM-CAS
 Thomas Prettyman, ISR-1
 Melody Rodarte-Martinez, CFO-2
 Benno Schoenborn, B-8
 Blair Stephenson, HR-SYS
 James Tingey, SB-TANN
 William Turney, ERSS-RS
 Gary Whitney, IHS-IP

20 years

Tebols Casados, STBPO-RL
 Lavere Hiteman Jr., W-6
 Daniel Holden, NN
 Kelly McLenithan, X-2-AFS
 J. Patrick Trujillo, HR-OPS
 Frederick Wysocki, P-DO

25 years

Larry Avens, IT
 John Balog, MST-6
 William Blumenthal, MST-8
 Donald Casillas, PF-MS
 Vicki Durnal, TT-DO
 Richard Eddleman, MSS-EFO
 Lawrence Hull, HX-3
 Robert Janssen, X-4-NS2
 Mary Martinez, MSS-MSE
 Robert Mier, DE-9
 Michael Palmer, AET-2
 Roy Rockage, PF-DS
 Richard Ronquillo, MST-16
 Carolyn Salazar, ASM-PUR
 Joseph Valdez, AET-6
 Leonard Valerio, CTN-4

30 years

Rodolfo Abeyta Jr., W-6
 Christina Bernardin, CTN-1
 Stephen Bolivar, ERSS-RS
 Michael Fazio, DHS
 Geraldine Lujan, CFO-2
 Doris Padilla, W-DO
 Pamela Paine, IRM-CAS
 Willard Wadt, CAO-OFF

35 years

Isabell Archuleta, PMT-1
 James Cohen, T-4
 Alan Perelson, T-10
 Robert Romero, CMR-OS
 Leonard Trujillo, HX-3



Q: The Laboratory's 2008 United Way giving campaign recently kicked off with the theme "There are a Million Reasons to Give," which is symbolic of the commitment of Los Alamos National Security, LLC to match Laboratory employee donations, dollar for dollar, up to one million dollars. How important do you think it is to actively help those less fortunate through charitable giving — either one's money or time — and why do you feel that way?



Ken Milder of Applied Physics (X-DO)

I think we are blessed with our well-paying jobs, and it is incumbent upon us to help the less fortunate because of that. My personal belief is that for our society to function, we need people of all skill levels and pay levels, some of which are very low. Society should be there to help those in need.



Monique Sanchez of Emergency Planning and Preparedness (ER-EPP)

I think both money and time are important, and if you can't give money you can always give your time and vice versa. Much like the golden rule, you should give unto others. You never know; you may be in a situation where you need someone else's help. For me, it is important to be socially responsible and help to make the world a better place.



Dan Pava of Risk Reduction (ENV-RRO)

It is very important. It is the ultimate expression of being a human being. Every person can do one small thing that taken together can change the world.



Chris Weaver of Government Affairs (CGA-GA)

I give all my money to Operation Uplink, a USO fund that provides free calling cards for hospitalized veterans and armed forces overseas. That way they can stay in touch with their loved ones while they are away from home.



Marlon Castle of Departmental Computing 3 (CTN-3)

I think it is very important because of where we work and the salaries that we make. It is always good to give something back to the community.

In Memoriam

William Raymond Bohl

William Raymond Bohl died August 2. He was 63.

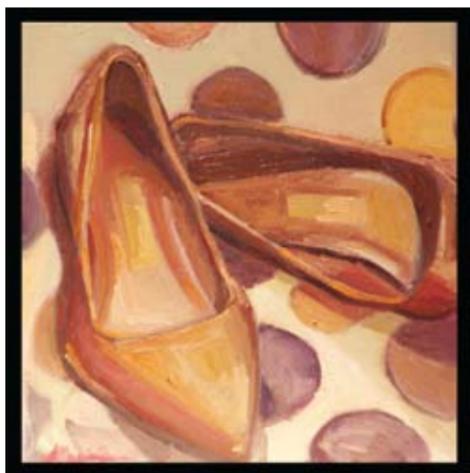
Bohl joined the Laboratory in 1977 as a staff member in the former Energy (Q) Division. While at the Lab, he also worked in the former Nuclear Technology and Engineering (N) and Technology and Safety Assessment (TSA) divisions. In both 1982 and 1983, Bohl received distinguished performance awards for his work on reactor safety. He retired in 1999.

Bohl received a doctorate in 1971 from the University of Wisconsin.

He is survived by his mother E. Wilma Bohl of Wausau, Wisconsin, and a sister Mary Ellen Riordan of Raleigh, North Carolina.



Go to <http://int.lanl.gov/news/links/> online.



Polka Dots by Alicia Guzman



A Key to My Heart by Tamara Lopez



The Forbidden Hypotheses by Therese Trujillo

Art, science, and community come together on a mountain top

by Ed Vigil

Amongst the tall peaks of Northern New Mexico in the mountain village of Truchas, thirty five miles east of Los Alamos, lives Laboratory scientist, budding artist, athlete, entrepreneur, and community advocate Therese Trujillo of Radiation Protection Technical Support (RP-3).

Trujillo has brought all her interests and passions together in one place, Galeria de Amor, where she shares her love of science, passion for art, and deep respect for her culture and community with friends, neighbors and the public.

Galeria de Amor, features her artwork, her sister's, and that of other Truchas artists working in different mediums, including encaustic painting, watercolor, colcha embroidery, digital photography, film and chemical-based photography, decoupage, and straw-inlay.

Trujillo, who is a radiation engineer for the Chemical Metallurgy Research Replacement Project, has another interest she is pursuing these days as an artist.

Trujillo has no formal education in the arts. Rather, she is experimenting with her creativity and has formed friendships with other artists who have assisted her in the development of her oil paintings, pottery, and encaustic paintings. The paintings Trujillo works on involve research and ideas of scientists who were not formally educated, but contributed nonetheless to major scientific discoveries.

The first of Trujillo's paintings include subjects like the "Forbidden Hypothesis," "Deception," "Mother's in Science," and the "Speed of Light." In addition to her oil paintings, Trujillo also has created an encaustic painting and four pieces of pottery.

The gallery is just one example of Trujillo's commitment to her community and culture. She's been involved in several activities to improve the quality of life in her small village.

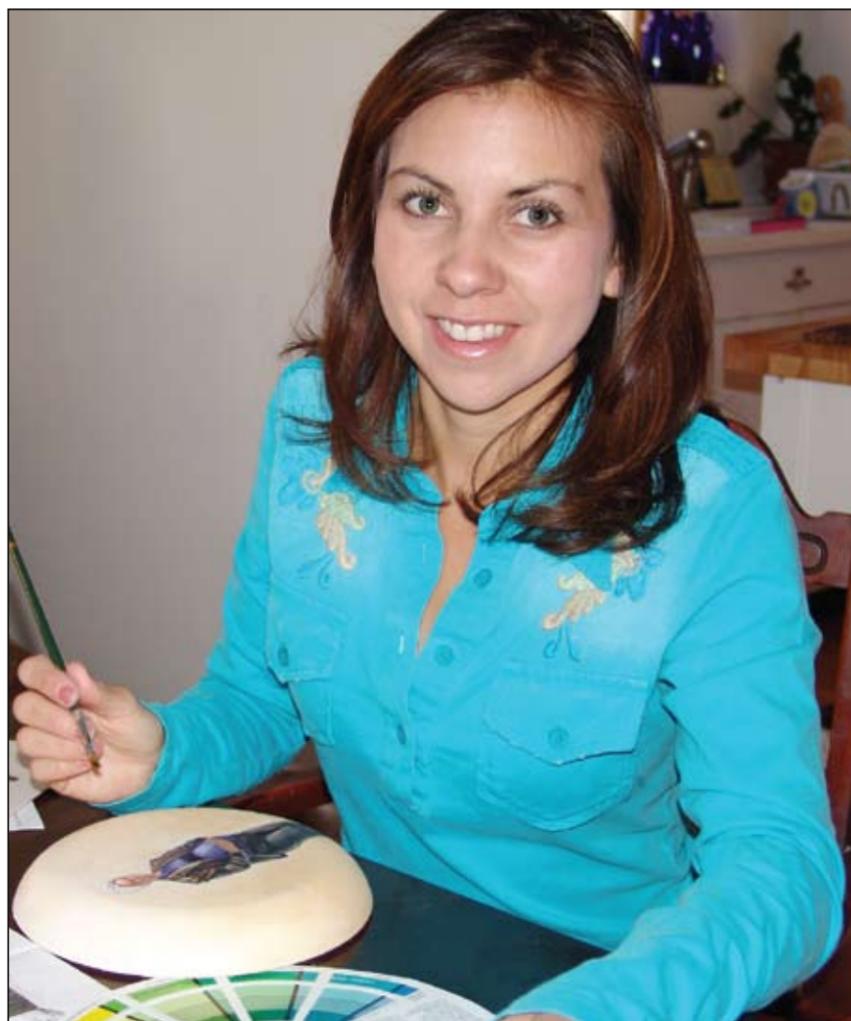
"Last year, I organized the Truchas Halloween Clean, and thanks to the help of several volunteers and the Laboratory's Community Programs Office, we were able to cleanup and dispose of eight 40-cubic-yard bins of trash and litter," said Trujillo. "The clean-up helped instill pride in our community and showed where we could succeed if we worked together."

Trujillo is continuing her community outreach support, joining many other local businesses who are participating in next year's "Hooked On Art," a fine art show, benefit, and silent auction, which takes place in July and August (2008) and includes a fund-raising sale of several 39-inch-long, larger-than-life trout sculptures (truchas) each uniquely decorated by Truchas' fine artists. The proceeds from the sale of the truchas will be used to pay for structural repairs to the Truchas Medical Clinic.

Trujillo, who has a civil engineering degree from New Mexico State University and a master's degree in nuclear engineering from the University of New Mexico, started her association with the Lab as a student in 1992 when she was still in high school.

Trujillo's first job at the Lab was in the former Materials Management (MAT) Division while a senior at Pojoaque High School. She later moving on to various groups such as Chemical Science and Technology (CST), Materials Science and Technology (MST), and Facilities Engineering (ENG) divisions, gaining technical experience to support her engineering education. "My first day at one job, my adviser took apart a central processing unit, and the next day, I was asked to put it back together. It was challenging and a great experience that opened my eyes to the possibilities that lay ahead," said Trujillo.

Trujillo's family has had a long association with the Laboratory. Trujillo's mother, Mary Margaret Trujillo, worked at Los Alamos for 33



Therese Trujillo of Radiation Protection Technical Support (RP-3) Photos by Ed Vigil

years. For many employees Mary Margaret was one of the first people they met at the Lab; she gave the security briefing to all new employees. Trujillo's father, Perry Trujillo also worked for various contractors to the Laboratory for a number of years. Trujillo's grandfather worked for 41 years with Zia Company, Pan-Am World Services, and Johnson Controls, all former Lab contractors.

When she isn't busy working at the Lab, creating her artwork or running her gallery, Trujillo may be seen running along side the 8-mile scenic road to Chimayo. An avid runner, she competed in cross country and track while at New Mexico State University and continued her love for running by qualifying for and completing four Boston Marathons. Today, Trujillo competes in local races; she says her high-altitude training and local Truchas mountain water are the secrets to her top finishes.

Galeria de Amor is part of this year's High Road Art Tour, which continues through Sunday (September 30). For more information, go to www.highroadnewmexico.com/

Galeria de Amor is open year round from 10 a.m. to 5 p.m. Friday, Saturday, and Sunday. It is located in the heart of Truchas off County Road 75 at house number 104. For more information, go to www.galeriadeamor.com, or call (505) 689-2210 or galeriadeamor@gmail.com by e-mail.