

# SITELINES

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A publication for all members of the NNSA/NSO family



## Happy Holidays to our NSO family!

See pages 2 and 3 for more holiday messages



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## Presidential directive spurs energy conservation efforts across the NSO

by Norma Restivo

The National Nuclear Security Administration Nevada Site Office (NNSA/NSO) is putting a lot of human energy into a comprehensive effort to save other sources of energy - most notably natural gas, electricity, gasoline, and diesel fuel.

Through a ripple-down effect that started with a presidential directive from George Bush on Sept. 26, 2005, the NNSA/NSO is aggressively pursuing measures to conserve energy in fiscal year (FY) 2006. In fact, Administrator **Linton Brooks** has challenged the NNSA with the following aggressive goal-to reduce energy consumption by not less than 10 percent relative to FY 2004 usage by the end of FY 2006.

The NNSA had already been working on conservation measures, but has ramped up its efforts to meet the original directive, which urges federal agencies and departments to conserve energy to the maximum extent possible within current budgets.

Secretary of Energy **Samuel Bodman** followed up with a memo in October stating that the Department of Energy should take a leadership role to reduce its own energy use. "Such conservation should help to minimize potential shortages and upward pressure on prices," stated Bodman.

To support the federal effort, Bechtel Nevada (BN) formed a team to evaluate options for its own energy consumption reduction both at work and at home. This effort is spearheaded by **Nelson Cochrane**, manager of Diagnostic and Experimentation Operations for Bechtel Nevada.

"We tried to get a good cross section of organizations to serve on this team," said

Cochrane. "We also selected subject matter experts who have been involved in energy management initiatives."

Right now, the team includes staff members from the Nevada Site Office, the Six Sigma Black Belt program, Nevada Test Site (NTS) Operations, Infrastructure, the Remote Sensing Laboratories, and the Chief Financial Office. The group meets weekly



Steve Lawrence (left) and John Howanitz (right) re-fuel in front of the new E-85 station.



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## Transuranic radioactive waste shipping campaign completed

On Nov. 8 and Nov. 9, 2005, the last six shipments of Nevada Test Site (NTS) Transuranic (TRU) legacy waste drums left Area 5 and headed for permanent disposal at the Waste Isolation Pilot Plant (WIPP) in Carlsbad, N.M. In all, 1,860 drums of waste have been characterized and shipped over several years, when the NTS was first certified to ship TRU waste to WIPP for disposal.

"By utilizing the National TRU Program's Central Characterization Project, NNSA/NSO and Bechtel Nevada ensured that NTS TRU wastes were characterized and shipped safely, compliantly, and

effectively," said TRU Project Manager **Lincoln Griswold** of Bechtel Nevada.

Drums were x-rayed and assayed, a key part of the characterization process to determine the specific radiological properties of their contents. Another process also allows experts to determine the chemical properties of the drums through a gas sampling system. Approximately one-quarter of the drums were opened and visually examined in the Visual Examination and Repackaging Building (VERB) at NTS Area 5.

Through all of this characterization and drum handling-more than 30 months of activity-there were no lost time injuries either to BN or contract personnel.

"The completion of Nevada Test Site legacy transuranic waste drum shipments to WIPP represents many years of hard work by our Environmental Management staff. This marks an important milestone in cleanup of the Nevada Test Site," said **Kathy Carlson**, Nevada Test Site Office Manager.

Several NTS employees, including **Stephen Duke, Burt Ford, Katie Enockson, Bob Kluever, Curtis Stevens, Steve Kirker, and Terry**

**Otey** were on hand at WIPP to help receive the last shipments. These NTS employees accompanied the waste to its final resting place, 2,150 feet below ground.

"Shipment of these wastes off of the NTS is a major accomplishment for Bechtel Nevada, our NNSA/NSO client, the DOE Carlsbad Field Office, and the National TRU Program," stated Environmental Management Assistant General Manager **Wayne Johnson**.

Contributors to the shipping campaign included: The Nevada Division of Environmental Protection, the Nevada Test Site Community Advisory Board, the California Highway patrol, the Nevada Highway Patrol, the Nevada State Health Division, Bechtel Nevada, and the Central Characterization Project.

Transuranic waste contains man-made radioactive elements heavier than uranium, hence the name "trans" or "beyond" uranium. For more information and photographs of the Transuranic Waste Project at the NTS, go to <http://www.nv.doe.gov/emprograms/environment/wastemanagement/transuranic.htm>.



TRU team stands in front of the last three TRU shipments.

Photo courtesy of Jennifer Morton





Happy holidays to everyone! I hope each and every one of you is taking time during the festivities and hurried pace of the season to be with family and friends. Truly, enjoying moments with those we cherish is the most important priority of all, as well as taking a moment to reflect on our many blessings.

I want to personally acknowledge and thank the many generous individuals who continue to share these blessings by reaching out to the needy, not only during the holidays but throughout the year. Your kindness and compassion - whether by donating your time, your resources, or both - is commendable and heart-warming. Thank you.

It's hard to believe that another year is drawing to a close, and for the Nevada Site Office, it was a good one. Our overall performance this year was exemplary, including the fact that we have a safety record that continues to rival the best in the industry. Please continue to keep safety in mind, especially during the hectic holiday season. It's too easy to get distracted and forget your real priorities, which include staying safe and healthy.

Complementing our safety record, we had a number of other milestones in 2005. The recent completion of the legacy transuranic waste drum shipments to WIPP was one, as well as the groundbreaking for the Rad/NucCTEC complex. The accomplishments by our Security and Safety folks have made the Nevada Site Office one of the best in the Complex. Stockpile Stewardship programs continue with their successful programs, with the next few months being even more hectic with the upcoming subcritical experiments.

In closing, I want to thank everyone for your diligence, hard work, and service to our great country. I look forward to another wonderful year collaborating with all our partners in the NNSA/NSO family. Happy Holidays to all and have a safe new year!

**Kathleen A. Carlson**  
 Manager  
 NNSA/NSO



**tis the season ...**



In the midst of the holiday season, I want to express my thanks and gratitude for a productive and noteworthy year as part of the NNSA Nevada community.

On behalf of Bechtel Nevada, I want to extend a warm thank you to the Nevada Site Office, the National Laboratories, Wackenhut Services, Inc., and Stoller-Navarro for being such great partners throughout the year. Together, we achieved a number of important milestones in quality and safety and I look forward to another productive year in 2006.



I also want to reiterate how grateful I am for the dedicated and hardworking employees that make up the Bechtel Nevada family. I am proud to lead your efforts and appreciate your service and dedication not only to the company, but the great country we are so fortunate to live in.

I urge everyone to relax with family and friends during the holidays and to reflect on our good fortune with your loved ones. Many troops are still overseas in Iraq, Afghanistan, and other areas sacrificing so much for all of us back home as we continue the war against terrorism. Let's say a prayer for them and extend our heartfelt gratitude for their efforts to keep us free to celebrate this season.

Closer to home, I am also thankful to the many individuals that have given to the less fortunate in Southern Nevada by donating your time and resources. You've made the holidays brighter for those in need and demonstrated what the season is really about.

Carolyn joins me in wishing everyone a joyous holiday season and much joy throughout the coming year.

May God Bless America.

**Dr. James E. Powell**  
 President and General Manager, Bechtel Nevada



The Stoller-Navarro Joint Venture (SNJV) would like to wish everyone happy holidays! With the end of 2005 upon us, the holiday season is often a time to assess our accomplishments and look forward to the future, with hope and enthusiasm for a successful 2006.

I want to thank all SNJV employees for their hard work and dedication to the program, as well as Bechtel Nevada and all the teaming partners and contractors for continuing their support toward a successful environmental restoration mission. Let us look forward to the coming year with renewed enthusiasm, keeping health and safety uppermost in mind as we continue our activities.

As always, the holiday season is a time for giving. Many citizens have opened up their hearts and homes to the victims of Hurricane Katrina this past year. Let us continue our support toward the rebuilding of their families and homes, as well as others in need, that all may have holiday blessings because of our generosity of spirit. Let us continue to remember those men and women serving in our armed forces, some who have sacrificed their lives in the name of freedom; may they remain in our prayers.

On behalf of SNJV, best wishes to everyone, for a safe and happy holiday season!

**Dave Taylor**  
 Program Manager  
 Stoller-Navarro Joint Venture



What an incredibly busy year it has been for Wackenhut Services, Inc. (WSI)-Nevada, with the full-time nuclear security mission and all the related growth and issues. I am very proud of what our employees have accomplished and on behalf of them want to thank the other contractors and Nevada Site

Office employees for all their support.

As we pause to enjoy the holidays with family and friends, please remember to say a prayer or take the opportunity to help and support our troops overseas during their difficult mission in the Middle East. Whether you agree or disagree with our government's policies, these folks are first-class and doing a great job.

Speaking for all of the WSI-Nevada team, Merry Christmas and a happy and prosperous New Year to you and your families.

**Mike Ebert**  
 General Manager  
 Wackenhut Services, Incorporated - Nevada





## Employees reach out to the needy this holiday season

Runners at the Great Santa 5K Run.



Liz May and Helen Stolz beam over the gifts collected for SNAP's 2004 Toy Drive for Kids with Cancer.



Angel Tree recipients pose in front of their holiday stash!

Photos courtesy of Steele Coddington, Stoller-Navarro, Katie Reynolds & Mary Richards.



Bechtel Nevada employees donated some nifty items for the Toys for Tots program..

Once again, compassionate employees rallied to help the needy in the greater Las Vegas area. Here is a sampling of some of the holiday outreach efforts that individuals and groups generously embarked upon in 2005.

### NNSA

The Nevada Employee Association (NEA) supports the Jones Garden School, Economic Opportunity Board, Community Action Partnership, and Child & Family Services throughout the year.

During the holidays, the NEA sets up an Angel Tree in the Nevada Support Facility lobby, where 40 angels are displayed. Employees select an angel and bring in two gifts, as well as clothing and a toy, for each angel. NEA board members then deliver the gifts to the schools.

"It is very rewarding to see the kids when they open their presents," says NEA Social Director **Mary Richards**. "The Nevada Site Office employees participate in this annual event and are very generous in gift giving."

### Bechtel Nevada

Bechtel Nevada (BN) takes pride in its ongoing community outreach efforts, but the winter holiday

season particularly highlights BN's efforts to help the community's less fortunate.

This year's Toys for Tots drive, a national program created to distribute toys to needy children, has been a success again this year. Toys for Tots Coordinator Steele Coddington expects BN to surpass the more than 1,300 toys donated a year ago.

Adopt-a-Family and "Angel Tree" are two other programs, in addition to United Way, that BN launches annually to help families who need a little help. BN assisted 10 families and two senior citizens this year through the Lutheran Social Services' Adopt-a-Family program, purchasing "wish list" items for those having a difficult time. The company also helped 100 "angels" through the Salvation Army-sponsored Angel Tree program that provides gifts to those who may not be able to afford them.

### WSI-NV

Throughout the year, Wackenhut Services, Inc., Nevada, (WSI-NV) WSI initiates a number of outreach activities for Quannah McCall (QM) Elementary School. In November, employees decorated boxes, built baskets, constructed ships and bookshelves, and transported Thanksgiving food items to QM to distribute to families in need. As a

result, two large vehicles were filled to capacity and delivered to QM just in time for the holiday feast. The generosity of WSI employees allowed 20 families to enjoy a traditional Thanksgiving.

WSI's Community Outreach Committee is also sponsoring the Salvation Army's Angel Tree program. Generous employees donated Christmas gifts of new toys and clothing for seventy disadvantaged children. In addition, WSI-NV entered six runners in The Great Santa 5K Run and Kris Kringle Jingle held by Opportunity Village in early December at the Fremont Street Experience. Proceeds of the event go to benefit the worthwhile programs at Opportunity Village.

### Stoller-Navarro

The Stoller-Navarro Association for People (SNAP) is involved in the Toy Drive for Kids with Cancer this holiday season; the drive benefits the Candlelighters for Childhood Cancer of Southern Nevada. The generosity of Stoller-Navarro employees allows families who may find themselves in a financial bind, due to a child's illness, to provide toys and gifts to their loved ones. SNAP has also adopted a Candlelighters family as well, collecting gifts and other resources to ease the stress of the holidays.



## NNSA/NSO Combined Federal Campaign: "The Power of One. The Spirit of Us All."

The NNSA/NSO reached and exceeded its goal of \$30,000 for the Combined Federal Campaign (CFC) by contributing \$36,942.60 this year! The CFC was designed and is managed by federal workers.

"This campaign is the NNSA/NSO's way of saying that we care," says **Vickie Parker**, CFC campaign coordinator for 2005. "Everyone's contribution made a real difference in other people's lives."

Because the Office of Personnel Management established a procedure to allow CFC donors to make immediate cash or check donations to aid in the relief efforts on the Gulf Coast following hurricanes Katrina and Rita, federal workers were able to help immediately.

"Congratulations to NNSA/NSO for their contributions in making this one our most successful years," says Parker. "I believe we lived up to our motto 'The Power of One. The Spirit of Us All.' Thanks to all my friends and colleagues."

## United Way lets employees make impact in the community and help co-workers

The 2005-2006 Bechtel Nevada (BN) United Way campaign kicked off in November and ended about mid-December.

For 2006, the BN United Way committee hopes to achieve a contribution total of \$380,000 and a participation rate of 40 percent. Last year, BN achieved total contributions of \$375,000 and a participation rate of 38.1 percent.

The committee would also like to see a total of 150 employees become Leadership Givers this year, which is accomplished when an employee pledges \$20 or more per week. Last year, Bechtel Nevada was number two in the community in Leadership Donors, with a total of 144 employees making that donation.

Employees have the option to donate to the community impact councils, or any of the individual agencies listed in the agency pamphlet. Contributions can be a one-time donation or a continuous donation, both of which may be payroll deductions. Cash gifts are also accepted. In addition to making contributions in the community, the United Way campaign gives employees an

opportunity to help co-workers through the BN Employee Crisis Fund. Employees may also donate to any non-profit, or 501(c)(3) agency of their choice.

The BN Employee Crisis Fund meets needs such as emergency air fare, assistance with utilities due to loss of pay, and other family crises. By simply checking the "Corporate Crisis Fund" box on the United Way pledge form, 15 percent of the donation will go toward the BN Employee Crisis Fund.

"Campaign time is the only time contributions can be made to the Employee Crisis Fund," said **Jennifer Morgan**, campaign coordinator. "United Way administers the fund for us, and to keep the administration to a minimum, we 'deposit' money with them once a year, which is then available during the following calendar year."

The United Way, governed by a volunteer board of directors, connects those in the community who are willing to help with those who need help. This enables people to become self-sufficient and contributing members of the community.



# Subcritical experiment plays crucial role in Stockpile Stewardship

by Ron Gibson



The unicorn was considered a harbinger of good fortune and a prophet of great things to come in ancient Asia, and while the Los Alamos National Laboratory's (LANL) subcritical experiment of the same name, and its sister experiment, Krakatau, are anything but mythical, LANL expects as much from these experiments as perhaps, the Asians did from their fabled creature.

The fortune Assistant Manager for National Security **Deborah Monette** expects from these experiments is rooted in what she describes as their "the multi-faceted value."

"Krakatau and Unicorn will provide the critical, real-time performance data the national laboratory's 3-D computer codes need to certify our nation's nuclear deterrent," explained Monette. "Add to that the ability to exercise the skills and equipment to prepare, execute and capture data with 21st century diagnostics and you have what I believe to be the best environment to attract our nation's 'brain trust' of scientists, engineers and managers through meaningful experiments."

Among the "brain trust" charged with the success of the upcoming subcritical experiments is **Robert Braddy**, assistant general manager for stockpile stewardship, who echoed Monette's sentiment.

"Since the advent of the 1992 moratorium on underground testing, subcritical experiments, beginning in 1997, have become a crucial part in our mission to maintain the safety and reliability of our nuclear weapons stockpile," said **Braddy**. "They also help us maintain the requisite skills employees at the Nevada Test Site and nuclear weapons laboratories need to properly execute tests and obtain useful data."

Kismet, the first dynamic experiment conducted in U1a in 1995, showed the difference between laboratory and field experiments.

"It was a disaster," Braddy said. "We lost data because we skipped some of the steps we would have normally taken during an actual underground test." Braddy said the national laboratories have since learned from Kismet, conducting subcritical experiments in much the same way as a live,

underground test -- barring the nuclear explosion, of course.

"Chemical high explosives are used to generate high pressures applied to nuclear weapons materials," explained Braddy. "Since the configuration and quantities of the explosives are insufficient to cause a self-sustaining nuclear fission chain reaction, the experiments are called subcritical."

All of this takes place far below the Earth's surface - approximately 1000 feet in the case of Krakatau, a subcritical experiment planned for sometime within the first three months of 2006. According to Dr. Nick King, LANL Senior Fellow and diagnostic manager for Krakatau, it is the most complex subcritical experiment to date.

"We'll be utilizing a racklet concept in which the experiment and diagnostic probes are placed in a hole 30 feet deep in a tunnel floor 1,000 feet below the surface," explained King. "Data capture will be in a reusable recording room complex both above and below ground."

King said that configuration is cost effective because it permits a reuse of the facility, adding that analysis and use of the key data gleaned from Krakatau will happen for years following the experiment.

The Unicorn experiment is buried a bit shallower at 624 feet, with an 88-inch diameter steel surface casing for the first 117 feet. Unicorn's vertical emplacement utilizes technology that has gone unused for many years. According to LANL Program Manager Dennis Barker, the reconstitution of equipment and personnel skills began in late 2002. Unicorn is the culmination of the Stallion series of subcritical experiments.

"The U6c site designated for Unicorn was originally developed for the Fortune nuclear test scheduled in the 1990s," Barker said. "Following Unicorn, simpler tests are planned for 2007 in U1a that are expected to take far less time to execute because they will take advantage of existing infrastructure at the Nevada Test Site."

Both experiments take less than a fraction of second, but will yield valuable data regarding the key components of nuclear weapons materials, namely plutonium, and how it reacts under high pressure.



**Kathy Carlson** talks with craft workers as they disassemble the tower assembly for Centaur, the confirmatory shot prior to conducting the Unicorn experiment. From l. to r., "**Bud**" Warren, **Jeremy Bentz**, **Danny Kranjcevic**, **Danny Ellis**, and **Cle Threats**.

Braddy said nuclear weapons designs were empirically tested at the Nevada Test Site. This testing left large gaps in what is known about plutonium and how it reacts under different pressure regimes. These subcritical experiments are one method available to support the national laboratories and the National Nuclear Security Administration's (NNSA) assessment of the nuclear stockpile, which contains some weapons as old as 40 years.

Braddy compares maintaining our nuclear stockpile to a classic car's upkeep.

"An old car is only as good as the maintenance it gets, and you could say the same about our nuclear stockpile," Braddy said.

Of course, certifying the reliability of the U.S. nuclear arsenal entails more than looking under the proverbial hood. The \$200 million stockpile stewardship program, with more than \$60 million allocated for subcritical experiments, is a congressionally-mandated requirement. The NNSA, national laboratories, and Bechtel Nevada managers, scientists, technicians and support staff constantly seek more effective, efficient, and responsive ways to evaluate the readiness of the US nuclear arsenal.

"Certification of the enduring stockpile, without nuclear testing, will continue to be the driving force behind maximizing the value of these subcritical experiments," Braddy said. "We'll continue to improve our processes and work smarter and harder to get the most 'bang for our buck.'"

**"A single vehicle reduces the consumption of gas by 85 percent alone, and we don't sacrifice a shred of performance with that reduction."**



The Southwest view of the E-85 station and credit card reader.

## E-85 makes "cents"

by Ron Gibson

Activation of the latest E-85 fueling station Sept. 29, 2005, in Mercury, has everyone at the Nevada Test Site (NTS) breathing a little bit easier these days.

The ethanol-based E-85 fuel featured at the station reduces smog pollutants by one-quarter and greenhouse emissions by as much as 40 percent in Alternate Fuel Vehicles, contributing to cleaner, more breathable air.

The collective sigh of relief and satisfaction merely begins with the environmental accomplishment, however, according to Assistant General Manager for NTS Operations **John Howanitz**.

He was even more impressed with the mere weeks it took from final procurement to activation.

"We wanted the station ready no later than the end of the fiscal year [2005], and we got the job done with the help of our procurement, maintenance, and construction professionals with a day to spare," explained Howanitz. "I'm pleased with the work that was done, and I'm pretty sure our customers are satisfied."

The station is only the third of its kind on the entire Department of Energy complex and will help the NTS meet Presidential Executive Order 13149, which calls for a 20

percent reduction of petroleum fuel usage in the federal vehicle fleet. Absent a presidential directive, the station still would make sense in a time with ever-increasing gas prices, said Howanitz. E-85 costs less per gallon than unleaded fuel, which offsets the lower vehicle miles per gallon efficiency.

"A single vehicle reduces the consumption of gas by 85 percent alone, and we don't sacrifice a shred of performance with that reduction," said Howanitz. "Considering the amount of time our workers can spend commuting as part of their duties, this station was, quite simply, a great idea."



# News Briefs

## Office of Public Affairs boasts an award-winning program

On Nov. 3, 2005, the National Nuclear Security Administration Nevada Site Office (NNSA/NSO) Speakers Bureau program was recognized with a Public Relations Society of America/Las Vegas Valley Chapter Tri-State Pinnacle Award of Excellence.

This is the second year in a row that the Speakers Bureau program was recognized in the Community Outreach category for its success in raising public awareness about the programs and activities at the Nevada Test Site (NTS). In 2004, the program was recognized with the Pinnacle Award.

"We, as an organization, have been working hard to let the public know about NNSA/NSO programs and activities as well as increase our presence in the community. One tool we

use is our Speakers Bureau. This PRSA award validates that we are being effective and providing good information to the public," stated Darwin Morgan, director, Office of Public Affairs, NNSA/NSO.

The NNSA/NSO Speakers Bureau program provides speakers as a public service to community and civic groups, and schools to inform the public about past and present projects at the NTS. The NTS, with its unique 50 plus-year history unlike any place in the United States, is of great interest to the public.

A variety of topics are available to suit most organizations. If you would like a representative from NNSA/NSO to speak at your community or educational event, please contact **Nancy Tufano** at (702) 295-1768.

## Outfit your car with a historic Nevada Test Site license plate!



You can now obtain the new Nevada Test Site/Atomic Testing Museum (NTS/ATM) license plate, which is available on the Web at [www.dmvnv.com](http://www.dmvnv.com) under vehicle registration/license plates/charitable and collegiate plates.

**Rachel Warrick** with the Atomic Testing Museum (at 702-794-5123; e-mail address [rachel.warrick@ntshf.org](mailto:rachel.warrick@ntshf.org)) has generously volunteered to take your name, phone number, and the specific Department of Motor Vehicle (DMV) office you wish your plates to be sent, and she will contact the DMV Carson City headquarters for you. After that, your plates will be sent to your chosen DMV office within a few days.

You can then simply go to that office, complete the necessary paperwork, pay the related fees, and walk away with your new license plates. These low-numbered plates are held in reserve for and will be released only through the NTS/ATM offices so that Nevada Test Site Historic Foundation (NTSHF) members can have first pick.

Remember, even if your car registration isn't due for some time, you can still purchase the NTS/ATM plates right away; you will receive a prorated credit from your current registration toward your new NTS/ATM plate.

## WSI graduates continue to bolster security presence at the NTS, NSO

By *Norma Restivo*

Wackenhut Services, Inc. (WSI) continues to train and equip exceptional security professionals to serve the Nevada Test Site (NTS) and the Nevada Site Office (NSO).

On Oct. 26, 2005, 36 more WSI Security Police Officers graduated from the Department of Energy (DOE), National Nuclear Security Administration's (NNSA) Basic Security Police Officer Training Course.

The ceremony took place at the Atomic Energy Museum in Las Vegas, Nev., and was presided over by guest speakers **Kathy Carlson**, manager of the NNSA/NSO; **Ray Phifer**, NSO assistant manager for Safeguards & Security; **Michael Ebert**, WSI general manager; as well as **Troy Wade**, chairman of the Nevada Alliance for Defense, Energy & Business and the NTS Historical Foundation.

Mr. Ebert kicked off the ceremony-which included a number of attentive family members-noting that the graduates are "tough, dedicated, and ready to serve." He commended their dedication to security, the support of their families, and the long hours of effort they endured to complete the rigorous training.

Later in the program, Mr. Phifer challenged the graduates to "be the best you can be," and urged each of them to become part of an elite force of security professionals. This fresh crop of graduates will supplement an increase to the security posture at the NTS and NSO that has resulted from a full-time nuclear mission.

This mission has evolved over many decades, which Mr. Wade illustrated when he took the podium. He gave an eye-opening historical perspective of the NTS, as well as WSI, and noted that just five years after the first nuclear test and just a year after the Soviets tested the atom bomb, President Harry Truman established the NTS (formerly the Nevada Proving Grounds) in 1950. The

first nuclear test there a month later broke windows in nearby Las Vegas!

Wade and Ms. Carlson both relayed several historical nuggets during the ceremony, including the fact that in the 1960s, the NTS had the largest single payroll in the state, with more than 14,000 employees. Carlson also mentioned a noteworthy book: "Building the Bombs, a History of the Nuclear Weapons Complex" by Charles Loeber, which discusses how the many elements of the complex interrelate, including the companies that have that have been represented there such as the laboratories and WSI.

Tying the site back to WSI, Wade explained that the company's security forces were an integral part of the NTS in 1988, providing beefed up security for a group of visiting Soviet scientists. In fact, WSI has been a staple at the NTS since 1965, and is now the largest security company providing services to the Site.

In closing, Ebert told graduates to adhere to three basic tenets:

- Make the company better by performing your duties above and beyond the status quo.
- Take care of your family and take care of your self on the job.
- Respect yourself and the job you've signed on for. An adversary has not appeared yet, but it could happen. Be prepared.



WSI graduates **Roy Drew** and **Mitchell Green** proudly display their diplomas.

## Security Police Officer graduates on October 26, 2005

**Dion Andrews**  
**Isaac Chun**  
**Nollee Ciballo**  
**Lieutenant Harmon Crockett**  
**Jeremiah Draper**  
**Roy Drew**  
**Kristopher Gergen**  
**William Gibbs, Jr**  
**Christopher Gonzalez**  
**Mitchell Green**  
**Lieutenant Casey Grove**  
**John Hall**  
**Ryan Hawes**  
**Joseph Heath**  
**Justin Herbert**  
**Nathan Hill, Jr.**  
**Glynn Jackson**  
**Jeffrey James**  
**Antron Johnson**  
**Michael Krider**  
**Donald Lee**  
**Emilio Loera**  
**Miguel Lopez**  
**Charles Mendoza**  
**Peter Moore**  
**Edward Morales**  
**Charles Mowen**  
**Ronald O'bannon, Jr.**  
**Rigoberto Orozco, Jr.**  
**Antonio Parker**  
**Jeremy Revere**  
**Oscar Rodriguez**  
**Thomas Roller**  
**Roberto Saballos**  
**Ramon Veracruz, Jr.**  
**David Weisz, Jr.**

### Energy Conservation continued from page 1

and, individually, members spend several more hours a week gathering data, which is then "fed" to resident Black Belt **Robert Noto**. This includes everything from electric meter data to employee concerns

"I'm helping the team apply Six Sigma tools and methodologies to the whole process of conserving energy, which includes evaluating the effectiveness, cost, and benefit of various initiatives," said Noto. "It's nice to work with a diverse team like this to get different perspectives."

The NSO, with support from its M&O contractor, has always supported energy conservation programs.

"Over the years, NSO has executed many energy saving projects, including an Energy Savings Performance Contract to replace lighting at North Las Vegas and several building lighting projects at the Nevada Test Site, which resulted in the first two facilities in the DOE complex to receive Energy Star status," said D. Michael Jones, Site and Infrastructure planning manager.

Other projects include programmable thermostats, metering, and solar panels, which have contributed to an overall reduction in energy consumption of more than 50 percent since the official DOE established energy consumption base-line in 1985.

**Tom Senteney**, with the Office of the Assistant Manger for Site Operations, is pleased to be part of the energy conservation team.

"I anticipate that all members of the NSO family will participate to meet these energy conservation goals," commented Senteney.

**"I'm helping the team apply Six Sigma tools and methodologies to the whole process of conserving energy, which includes evaluating the effectiveness, cost, and benefit of various initiatives."**

### Some of the conservation ideas under review include the following:

- Compressed work week
- Setting building thermostats at 68 degrees in the winter, 78 degrees in the summer, and at preset start/stop times
- Ensuring energy saving features are enabled on all copiers and printers
- Encouraging employees to turn off lights/office equipment if they will be out of their offices for extended periods
- Encouraging employees to open/close window blinds/curtains to take advantage of natural light
- Encouraging employees to carpool or use public transportation
- Encouraging use of video teleconferencing or NetMeeting
- Decreasing vehicle trips back and forth between facilities
- Encourage use of E-85 fuel at the Mercury base camp. (See related story: *E-85 Fuel Makes Cents*, on page 4)

The team is looking for additional ideas from employees eager to reduce energy consumption and has been authorized by BN President and General Manager James E. Powell to reward stellar suggestions with four \$500 cash prizes. Through Jan. 5, 2006, employees can forward their innovative no/cost, low/cost ideas to conserve energy to [saveenergy@nv.doe.gov](mailto:saveenergy@nv.doe.gov). Please include how your suggestion will save energy. Award winners will be announced in late January, after evaluations have been completed.

According to Cochrane, employees thus far haven't been short on enthusiasm or ideas. He urges employees to go to the Nevada Power Web site at <http://www.nevadapower.com/> to gather more ideas on energy conservation. In the meantime, here are a few simple tips:

- Carpool to work or use public transportation.
- Use the stairs instead of the elevator.
- Turn off your personal fan/heater.
- Set your home thermostat comfortably low in the winter (68 degrees) and comfortably high (78 degrees) in the summer.
- Install a programmable thermostat compatible with your home heating system.
- Use compact fluorescent light bulbs.
- Air dry dishes instead of using the dishwasher's drying cycle.
- Plug home electronics, such as TVs and DVD players, into power strips; turn the power strips off when the equipment is not in use. Standby mode still consumes several watts of power.
- Lower the thermostat on your hot water heater to 120 degrees Fahrenheit.
- Take short showers instead of baths.
- Wash only full loads of dishes and clothes.

## Face-to-Face

**Name:** Betty M. Knight  
**Company:** Ruchman and Associates, Inc.  
**Job Title:** Directives/Forms Assistant  
**Hometown:** Geneva, Nebraska  
**Hobbies/Interests:** Listening to music (i.e., Tanya Tucker, Roy Orbison), Watching Horror/Sci-Fi Movies





# Beyond the call

## BN achieves 7 million hours without lost time!

In mid-November, Bechtel Nevada achieved another safety milestone - over seven million hours without a lost time injury!

"This amazing milestone is further proof that you are all paying attention and demonstrating safe work habits," said BN President and General Manager **Dr. James E. Powell**. "I congratulate our employees for their participation in setting this new Nevada Test Site safety record."

The record was achieved over a 15-month period and is another first for the contract with the Nevada Site Office. Powell urged employees to remain vigilant in performing their daily work activities and remember the goal: "Zero accidents ... no compromise."

**"I congratulate our employees for their participation in setting this new Nevada Test Site safety record."**

## For one retired WSI employee age was *never* a factor

by Louise Keathley

At 74 years young, **Jim Thimsen** retired from Wackenhut Services, Inc. (WSI)-Nevada, on Sept. 29, 2005. He is finally returning to his cattle ranch in Washington State, something he intended to do earlier in life; however, he took a little detour at the Nevada Test Site (NTS) along the way.

Unquestionably, Jim (also known as Jim Tim) was an inspiration to his co-workers and his outstanding work ethic and dedication to the WSI-Nevada mission will be greatly missed.

Every year, to meet job qualifications, Jim had no problem running a mile in eight and one-half minutes, and performing the 40-yard-dash from the prone position in less than eight seconds. He started with WSI as a Security Police Officer (SPO) on Feb. 27, 1984, at the young age of 54, and has been running every since.

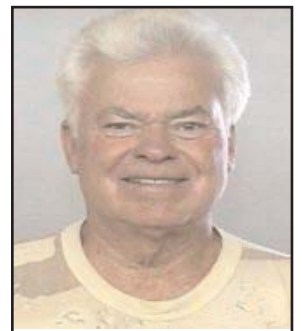
In 1982, Jim and a co-worker picked up the classified ads and started applying for jobs while waiting for another business selling mobile homes to pick up. Jim applied to a WSI ad and much to his surprise received an application for a SPO position. Not thinking it would go anywhere, Jim filled out the application and mailed it back to WSI, and expected to be called and told that he did not meet the requirements for the security position.

Two years passed, and Jim began to have visions of finally settling down and enjoying the good life and spending time with his wife. Then, WSI offered him an SPO position at the NTS with one stipulation -he had to pass the stringent entry qualifications.

In his 21 years of service, Jim has out run and out lasted most of the SPOs. He does not brag or think he is anything special, just an SPO trying to do the best job he can. WSI has many SPO's that can run a mile in eight an one half minutes and do a 40 yard dash in less than eight seconds, but most of them are in their twenties and none even come close to Jim's age.

Jim worked out times three times a week while on duty and in cases of high demands and requirements when he was unable to do so, he set time aside to exercise after work. He is living proof that exercise is the key to a healthy and long life.

Best of luck in your next career, Jim Tim!



Jim Tim Thimsen

## Safe work snags NTS employee Brian Konrad a shiny new truck!

by Norma Restivo

For **Brian Konrad**, Santa delivered about three weeks early this year and his gift wouldn't be easy to get down any chimney- it's a sparkling new 2005 Ford F150 XLT Supercrew pickup truck!

Brian's luck held out against 1,664 other employees who vied for the spectacular grand prize award for Bechtel Nevada's (BN) 2005 Safety Incentive Program that culminated in a drawing on Dec. 1. The employees were part of 76 remaining safety groups still eligible for the truck because they reached the end of the calendar year without a recordable injury or vehicle accident

**Carolyn Powell**, wife of BN President and General Manager **Dr. James E. Powell**, drew Brian's name at an All-Hands meeting at the Mercury cafeteria that was video-conferenced across the complex amidst the nervous anticipation of other eligible co-workers.

"At first I couldn't believe it when they called my name," said Konrad. "I came to the drawing with no expectations of winning and realizing that I had won was one of the biggest rushes of my life."

As deputy field operations manager in the Environmental Restoration project, which is part of the Environmental Management program, Konrad has been

working on environmental restoration projects and has supported BN's NTS mission since July 2001. He feels lucky that his job allows him to have a direct impact on safety because he continuously interacts with colleagues to ensure that all hazards associated with their work scope are addressed.

"BN is continuously working at improving its already exemplary safety performance," says Konrad. "Programs like these are a great way to promote safety and involve personnel at all levels and disciplines and reinforce the message that BN is dedicated to the safety of its employees and contractors."

**Garth Beers**, ES&H Field Operations Manager says "The drawing was a great event and really shows how committed BN is to our well being. There aren't too many companies out there that use pickup trucks as another way to get their employees talking about safety. I wish everyone could have won a truck but we're all winners if we keep ourselves and coworkers safe, healthy and looking forward to spending 2006 with our families and friends."

Brian was officially presented with the keys to his vehicle at the BN holiday party on Dec. 10. Dr. Powell thanked Brian, and all Bechtel Nevada employees, for their tremendous efforts toward our safety goal of "Zero Accidents - No Compromise" in 2005.



**Brian Konrad** poses with his shiny new beauty.



# Don't feed the coyotes at the Nevada Test Site!

People who work at the Nevada Test Site (NTS) sometimes can't resist feeding the coyotes that roam around the outdoor work areas.

"They need to remember, coyotes are wild animals that should be treated with caution - in other words do not feed the coyotes under *any* circumstances," says **Linda Cohn**, Environmental Protection manager for the NNSA.

**Derek Hall**, biologist at Bechtel Nevada, explains why.

"Coyotes are clever and adaptable, and they quickly learn to rely on free meals from humans instead of hunting their normal prey of rabbits and rodents," explains Hall, biologist at Bechtel Nevada. "Once they get used to people, coyotes tend to behave more boldly around them."

Coyotes have been spotted throughout the NTS and they do not neces-

sarily appear more frequently at certain times of the year. However, according to Hall, if they have suffered a particularly rough stretch of weather that has compromised their natural food supply, they are more likely to approach areas of the Test Site occupied by humans.

A hungry coyote that is used to human generosity may grow more and more assertive in begging for a meal, and it may become very territorial and defensive of a food source, such as a trash bin. Eventually, the safety of workers in the area could be threatened by an animal bite, which also carries the potential to transmit rabies or other infections.

Even a persistent, sad-looking coyote begging for free food will most likely learn to hunt again if you refuse to feed it. Coyotes are more likely to survive and thrive when they are truly wild, so coyotes that have developed bad habits should be bro-

ken of them. Remember, your misplaced kindness to the animals may only spell doom for them if they become a safety hazard to workers at the NTS.

In addition to coyotes, a diverse and complex mosaic of plant and animal communities are found at the Nevada Test Site. Kit foxes, pronghorn antelope, desert tortoises, sidewinder rattlesnakes, bald eagles, kangaroo rats, and peregrine falcons are just a few of the more than 1,500 animal species found here. Invertebrates comprise the majority of animals on the site with approximately 1,200 species. Spiders, scorpions, beetles, centipedes, and ants are some of these species living on the test site

You can help ensure that humans and animals safely coexist at the NTS by keeping all outdoor trash containers tightly covered, disposing of trash properly, and by not feeding the animals. If you have any questions or have problems with nuisance coyotes, call **Paul Greger** at (702) 295-0365 or **Derek Hall** at (702) 295-0364.



*He may be cute and rather thin, but you don't want to feed any coyote that you spot at the Nevada Test Site.*

## Digging up savings using Six Sigma

Excavating a new trench or cutting into an existing wall can be a dangerous activity - particularly if there are live cables or high pressure piping hiding out of sight. One of the common methods used to control these activities is to require an approved permit before the trench is dug or the hole is cut.

Obtaining that approved permit has been a tedious task for many years, and in some instances required up to eight approval signatures on a single permit and many hours and miles of travel between approvers.

The NTS Operations department, along with Occupational Safety & Health, used Six Sigma methods to develop and implement changes in the BN excavation and penetration permitting process. Those changes have resulted in a simpler process and an annual savings of over \$130,000. The focused changes were identified by listening to the "voice of the customer", determining inefficient and low value steps, and then developing safe and practical ways to cut down on unnecessary permits and permit reviews.

The resulting process now details seventeen specific types of excavation and penetration work that no longer require permits. In addition, the revised process lists clear methods to prevent injury, and reduces the approval on a permit to a single person - the Permitting Authority. The use of a Permitting Authority is crucial since it removes many unnecessary reviews and establishes a single accountable and responsible person to make sure that the planned work can be performed safely.

"The seventeen specific exemptions allowed under the procedure have saved a considerable amount of time and frustration, especially from the time when all penetrations were being approved," says Jeff Wilhelm, superintendent in the Facilities Maintenance Department. "Furthermore, the new method eliminated lots of confusion by those that had to use the permitting process."

Since this simplification and the establishment the Permitting Authority the number of permits has been reduced by 60 percent, and the number of excavation/penetration safety incidents has fallen to less than one per year.

A construction worker performs potholing near Area 6 due to the potential for underground utilities. For safety reasons, potholing and hand digging is used when there is a possibility of underground utilities.

### The following acronyms appear frequently in *SiteLines*:

BEEF	Big Explosives Experimental Facility
BN	Bechtel Nevada
CTOS	Counter Terrorism Operations Support
DAF	Device Assembly Facility
DOE	Department of Energy
EM	Emergency Management
EM	Environmental Management
ES&H	Environment, Safety, and Health
FRMAC	Federal Radiological Monitoring and Assessment Center
JASPER	Joint Actinide Shock Physics Experimental Research (gas gun)
LANL	Los Alamos National Laboratory
LLNL	Lawrence Livermore National Laboratory
NNSA	National Nuclear Security Administration
NSO	Nevada Site Office
NTS	Nevada Test Site
PIP	Process Improvement Project
R-MAD	Reactor Maintenance, Assembly, and Disassembly Facility
RSL-A	Remote Sensing Laboratory - Andrews
RSL-N	Remote Sensing Laboratory - Nellis
SC	NNSA Service Center
SCE	Subcritical Experiment
SNJV	Stoller-Navarro Joint Venture
SNL	Sandia National Laboratories
STL	Special Technologies Laboratory
WSI-NV	Wackenhut Services Incorporated - Nevada

## Face-to-Face

**Name:** Ron Gibson  
**Company:** Bechtel Nevada  
**Job Title:** Public Relations Specialist  
**Hometown:** Checotah, Okla.  
**Hobbies/Interests:** Reading, sports





## NNSA releases Environmental Monitoring report

by Ron Gibson

Anyone with even a passing interest in Nevada history is aware of the now-banned atmospheric and later underground nuclear tests conducted at the Nevada Test Site. Still more have become aware of the potential health and environmental risks posed in the wake of that testing.

The report, published in October, includes monitoring conducted on the NTS by Bechtel Nevada and offsite by the Community Environmental Monitoring Program, or CEMP, under the Desert Research Institute of the University System of Nevada.

"CEMP is an oversight program that monitors direct radiation within communities near the NTS," explained Nevada Site Office Environmental Monitoring Program Manager **Bruce Hurley**. "The 27 stations surrounding the NTS are operated by local citizens, including science teachers, business operators, and ranchers, who are trained to independently verify the results of the environmental monitoring."

The 27 stations constituting the environmental monitoring surveillance and protocol for the NTS assessments of air, water, plants, and animals are instrumental in capturing samples analyzed for man-made radionuclides. Even the most contaminated areas register at relatively low levels, according to Hurley, who said most of that radioactivity detected off-site is naturally-occurring.

"What enough people don't know about is how safe Nevada communities are today despite that testing," said Bechtel Nevada Acting Manager of Environmental Technical Services **Charles Lohrstorfer**. "While I think most residents feel

safe for the most part, there are some who are still a little leery about what has or could be happening, especially to groundwater."

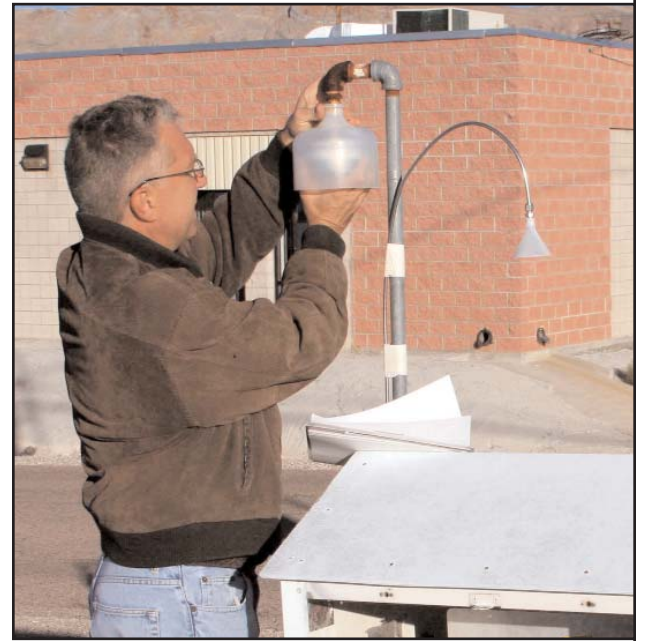
Skeptics have nothing to fear, according to the recent Nevada Test Site Annual Site Environmental Report for 2004. The report revealed that only trace amounts of radioactivity attributed to historical testing activities were detected off the NTS, and no radioactivity from current activities was detected off-site.

The only detected airborne release from current NTS activities on site was a trace amount of tritium (a hydrogen isotope), which is used in radiological detection equipment. Water samples from supply wells, drinking water distribution systems, and selected off-site "wells of opportunity" were found to contain no detectable levels of man-made radioactivity. Lohrstorfer said plants and animals on the site, which might be the most protected flora and fauna in the region, also are closely monitored.

According to Hurley, enlisting the support of communities is crucial in providing sound data for the Department of Energy-mandated report, and confirming NTS regulatory compliance to the Environmental Protection Agency. "The monitors, like the NTS operators, are stakeholders in ensuring community resources - air, water, plant and animals - are protected from harm due to legacy testing and/or current activities," Hurley said.

**Top:** Environmental Scientist **Matt Weaver** replaces an air filter. This is the typical air and tritium in-air monitoring unit.

**Bottom:** **Lynn Jaussi**, senior scientist, sets up a distillation process.



## Project Chariot transferred to the Office of Legacy Management

by Kelly Snyder

In March 2005, Alaska's Project Chariot was the first of nine sites transferred from the U.S. Department of Energy (DOE) Nevada Site Office Environmental Management Program to the DOE Office of Legacy Management. With the transfer, the Office of Legacy Management assumes responsibility over the site's post-closure records management activities.

Located in northwestern Alaska, the remote Chariot site was used for radioactive soil experiments in 1962. When the experiments were complete, the plots, along with the contaminated soil, were consolidated and covered with five feet of native soil. The radioisotopes remained intact until 1993 when Nevada Site Office Environmental Management scientists successfully remediated the site.

Eight additional sites located in Alaska, Colorado, Mississippi, Nevada, and New Mexico, which are currently managed by the Nevada Site Office, will be transferred to Legacy Management in fiscal year 2007. Other examples of DOE sites that will be transferred to Legacy Management include Rocky Flats in Colorado, Fernald in Ohio, and Mound in Ohio.

For more information on the Office of Legacy Management please visit: <http://www.lm.doe.gov/>.

**The Office of Legacy Management** was established in December 2003 to oversee DOE sites where active remediation had been completed. Responsibilities include the following:

- long-term surveillance and maintenance;
- records management; workforce restructuring and benefits continuity;
- property management;
- land use planning; and
- community assistance.



Workers doing soil sampling at **Project Chariot** in Alaska.



# MILESTONES

**Bechtel Nevada**

40 years *Las Vegas - Edgar Marsh; Nevada Test Site - Dell Spencer; Remote Sensing Laboratory-Nellis - Harold English, Robert Fisher*

35 years *Las Vegas - Sylvester Smith, Jr., Gary Robinson; Nevada Test Site -- Nancy Ricca; Remote Sensing Laboratory-Nellis - Robert Fisher*

30 years **Nevada Test Site - Orin Haworth**

25 years *Europe - Harvey Clark, Las Vegas - Michael Martin, Orlan Ramirez, Nevada Test Site - Paul Brown, David Haner, Asad Qureshi, Joseph Smith, Susan Ziehm; Special Technologies Laboratory - Steven Jones, Giles Leach*

20 years *Las Vegas - Clifford Betz, Pasqualina Biancaniello, Terrence Enger, Edward Mahn, Marijo Myers, Katie Scocozzo, Philip Smith; Livermore Operations - Albert Traille; Los Alamos Operations - Thomas Tunnell; Nevada Test Site - Thomas Surowiec; Special Technologies Laboratory -- Richard Diaz*

15 years *Las Vegas - Darryl Campbell, Richard Hanspire; Nevada Test Site - David Madsen, Theodore Redding, Daniel Tobiason, Patrick Webberding; Remote Sensing Laboratory-Nellis-Ronald Guise, Jeffrey Harvey*

10 years *Nevada Test Site - Kathleen Matson*

5 years **Las Vegas - Curtis Basner, John Birkland, Damian Fitzroy, Patricia Mars, Alta McDowell; Livermore Operations - Jann Bisterfeldt; Los Alamos Operations - Daniel Marks; Nevada Test Site - Shalmarie Anderson, Walter Bazarewski, Susan Chamberlain, Napoleon Dickerson, Stefan Duke, Douglas Lund, Johney Robinson, Patricia Stigen; Remote Sensing Laboratory-Andrews - Gregory Shore, Remote Sensing Laboratory-Nellis - Rebecca Detwiler, Audwin Whitmore**

**Desert Research Institute**

25 years **James Ashby**

20 years **Richard Reinhardt, Ronald Hershey**

15 years **Nicholas Lancaster, Diana Hovey-Spencer, Hans Moosmuller**

10 years **Carl Garlington**

5 years **David Campell**

**Los Alamos National Laboratory**

25 years **Bruce Reinert**

20 years **Kevin Kinter**

10 years **Richard Elliott**

**Ruckman & Associates, Inc.**

5 years **Leslie Runge**

**Wackenhut Services, Inc.**

20 years **Edward Boldin**

15 years **Gloria Sandoval**

New Hires *Las Vegas: Mark Clark, Susan Geisinger, Darlene Hasha, Charles Lew, Jean Momb, James Smith, April D. Simpson, Jamie Willson; Nevada Test Site: Milton Allicock, Christopher Burns, Alan Eclips, Brian Picciano, Jon Spezialetti, Bryan Spicer, Thomas Thiele; Remote Sensing Laboratory-Andrews: Timothy Ashenfelter; Remote Sensing Laboratory-Nellis: Jeffery Blaha, Trenton Strain*

**Retirements**

**Judith Chaney** - *Bechtel Nevada*  
**Douglas Soule** - *ARL/SORD*  
**Harold McHugh** - *Lockheed Martin*  
**Hugh Jones** - *Wackenhut Services, Inc.*

**In Memory**

**Charles Amadon** - *Former contractor employee*  
**Paul Brebrick** - *Former contractor employee*  
**Robert Burton** - *Former contractor employee*  
**Donald Farmer** - *Bechtel Nevada*  
**William Foulke** - *Bechtel Nevada*  
**Joseph Gault** - *Former contractor employee*  
**Donald Kohler** - *Former contractor employee*  
**Barbara Malin** - *Former contractor employee*  
**Lola Maina** - *Former contractor employee*  
**John Names** - *Former contractor employee*  
**Sandra Surgeon** - *Former contractor employee*

## Face-to-Face

**Name:** Richard Gomez

**Company:** Wackenhut Services, Inc.

**Job Title:** Security Police Officer

**Hometown:** Las Vegas, Nev.

**Hobbies/Interests:** Boating, shooting pool, soccer, running, barbeques with friends and family



### In the next issue of SiteLines

- Goals for 2006
- First mixed low-level waste from offsite locations will be accepted at the NTS
- State railroad locomotive transported to Boulder City
- RSL supports Pluto New Horizons launch





### Consider the following startling statistics:

- In the United States, approximately one in every 13 adults abuses alcohol.
- Usually more men than women are alcohol-dependent or have alcohol problems.
- Alcohol problems are highest among young adults ages 18-29 and lowest among adults age 65 or older.

The following information discusses the consequences of consuming too much alcohol and offers guidelines to drink responsibly for a safe and healthy holiday season and New Year.

### Do you drink alcohol occasionally or moderately?

This means no more than one to two drinks per day and is usually not associated with health risks. But, even moderate drinking is not risk free. The more heavily you drink, the greater your risk for problems at home, at work, with friends and even with strangers.

### Alcohol misuse can result in the following:

- Automobile injuries and fatalities
- Homicide, manslaughter, and suicide
- Assault and robbery
- Domestic abuse and injury
- Child abuse and neglect
- Workplace injuries
- Job loss, financial destitution, and subsequent reliance on societal safety nets
- Health consequences and its effect on the healthcare system
- Adverse reactions with medications

### If you enjoy an occasional drink, here is what constitutes one serving:

- A 12 ounce bottle of beer
- A 5 ounce glass of wine
- A 1.5 ounce shot of liquor

### To determine if you may have a drinking problem, ask yourself these questions:

- Do you drink alone when you feel angry or sad?
- Does your drinking ever make you late for work?
- Does your drinking worry your family?
- Do you feel annoyed when people criticize you about your drinking?
- Do you ever drink after telling yourself you won't?
- Do you feel you should cut down on your drinking?
- Do you feel bad or guilty about your drinking?
- Do you ever forget what you did while you were drinking?
- Do you get headaches or have a hangover after you have been drinking?

### If you answered "yes" to any of these questions, you may have a drinking problem, be an alcoholic, or could be dependent on alcohol.

Alcoholism/alcohol dependence includes the following four symptoms:

- A strong need to drink
- The inability to limit your drinking on any given occasion
- Physical dependence and subsequent withdrawal symptoms such as nausea, sweating, shakiness, and anxiety, especially if you quit after a period of heavy drinking.
- Tolerance (the need for increased amounts of alcohol to feel its effects)

What long-term health problems are related to alcohol?

- Alcohol-related liver disease: Over 2 million Americans suffer from

alcohol-related liver disease. Some drinkers develop alcoholic hepatitis or alcoholic cirrhosis. Alcoholic hepatitis can cause death if drinking continues; if you stop drinking this condition is often reversible.

About 10 to 20 percent of heavy drinkers will develop alcoholic cirrhosis, which can cause death. Alcoholic cirrhosis is not reversible, but if you stop drinking your chance of survival improves significantly.

- Heart disease: Long-term heavy drinking increases your risk of hypertension, heart disease, and some types of stroke.
- Cancer: Long-term heavy drinking can increase your risk of developing cancer of the esophagus, mouth, throat, voice box, colon and rectum. Women are at a slight increased risk of developing breast cancer.
- Pancreatitis: Long term drinking can lead to inflammation of the pancreas, which is associated with severe abdominal pain, weight loss, and it can be fatal.

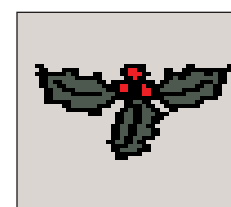
Alcoholism is a chronic and progressive disease, influenced by genetic and environmental factors. This disease can be treated but not cured. If someone you care about is an alcoholic who refuses treatment the following recommended steps may help them do so:

- Stop all rescue missions: Family members usually try to protect an alcoholic from the effects of his/her behavior. This person needs to experience the harmful effects of their drinking.
- Time your intervention: Talk with the person soon after any alcohol-related incident. Make sure this person is sober.
- Be specific: Explain your concerns.
- State the consequences: For example, refuse to go with this person to any alcohol-related social activities.
- Be ready to help: Get information on treatment options, discuss them with the drinker and if they are willing to get help go with them for their appointments.
- Call on a friend: If the person is still unwilling to get help, have a friend talk with him or her using the above step.
- Find strength in numbers: With the help of a therapist, some families will join with other relatives and friends to confront the individual.
- Get support: Whether the drinker seeks help or not, you may benefit from the support of other people in your situation such as an Al-Anon group. Refer to the telephone number for Alcoholics Anonymous at the end of this paper.

If you are diagnosed as an alcoholic, simply reducing your alcohol intake will not be effective. Studies have shown that alcoholics who try to cut down on drinking are unable to do so indefinitely. You will need to stop alcohol completely (that is, abstaining) for a successful recovery. Remember, there are medications and treatments available for those suffering from a drinking problem.

Where can a person get help?

- See your primary care physician or one of the Bechtel Nevada Occupational Medicine providers. (**Robin Ireland**, at (702) 295-4736, or **Karen Sondrol-Maxwell** at (702) 295-1474).
- Contact the **Employee Assistance Program** at (702) 295-0917.
- Contact the Center for Substance Abuse Treatment at 1-800-662-HELP.
- Call Alcoholics Anonymous at (800) 222-0199.



**Your Occupational  
Medical staff wishes you a  
safe and happy holiday  
season!**





# CALENDAR OF EVENTS

**December 26**

NNSA/NSO and contractor offices closed in observance of Christmas Day.

**January 2**

NNSA/NSO and contractor offices closed in observance of New Year's.

**January 16**

NNSA/NSO and contractor offices closed in observance of Martin Luther King Day.

**February 13**

NNSA/NSO offices closed in observance of Lincoln's birthday.

**February 20**

NNSA/NSO and contractor offices closed in observance of Presidents' Day

**February 22**

NTS Public Tour, open to interested members of the public. Sedan Crater, Frenchman Flat, Non-Proliferation Test and Evaluation Complex, Bilby Crater, Area 5 Low-level Radioactive Waste Management Site, Apple II houses. Contact **Brenda Carter, BN (702) 295-0944.**

**Declassified Film Showings**

For information on declassified film showings at NTS CP-1, call **(702) 295-4015.** For information on declassified film showings at NTS Yucca Mountain, contact Rod Rodriguez (702) 295-5825.

**Upcoming Conferences, Meetings, and Trade Shows**

**Through January 9**

The NNSA/NSO Environmental Management Program groundwater display is currently on exhibit at the Beatty Library through Jan. 9, 2006. The display addresses frequently asked questions regarding groundwater at the Nevada Test Site. The display can be viewed at 400 North 4th Street, corner of 4th and Ward Street, in Beatty, Nev. For more information on transportation and other Nevada Test Site programs, visit <http://www.nv.doe.gov>.

**January 18-20**

2006 Air and Waste Management Association National Meeting takes place at the Hyatt Regency Crystal City in Arlington, Virginia. The theme is "Learning From the Past - Preparing for the Future." For more information, go to <http://www.awma.org/events/>

**January 22-25**

The Health Physics Society 2006 Midyear Topical Meeting takes place at the University, Medical, and Laboratory Health Physics, in Scottsdale, Arizona. This will be a conference of radiation control program directors centering on a number of pertinent industry issues. For more information, go to [http://hps.org/documents/2006\\_preliminary\\_program.pdf](http://hps.org/documents/2006_preliminary_program.pdf).

**January 21-26**

The International Society for Optical Engineering presents conferences in January including "Electronic Imaging 2006" and "Photonics West," which allows participants to interact with innovators in photonics, optoelectronics, and micro- and nanotechnologies. Go to <http://spie.org/Conferences/programs/06/pw/> for more information.

**February 11-16**

The American Nuclear Society hosts an Executive Conference on "1st Joint Emergency Preparedness and Response & Robotic and Remote Systems Topical Meeting," which includes "Sharing Solutions for Emergencies and Hazardous Environments," at the downtown Marriott Hotel in Salt Lake City, Utah. For more information, contact the ANS Registrar at (708) 579-8316 or go to <http://www.2006sharingsolutions.com/>

**February 15-17**

The Infrastructure Security Partnership holds its fifth Annual Congress in conjunction with the Critical Infrastructure Resilience Conference and Expo, sponsored by EJ Krause & Associates. The program will feature a national perspective on critical infrastructure resilience through the integration of physical, cyber, and operational security. For more information go to <http://www.protectinfrastructure.com>.

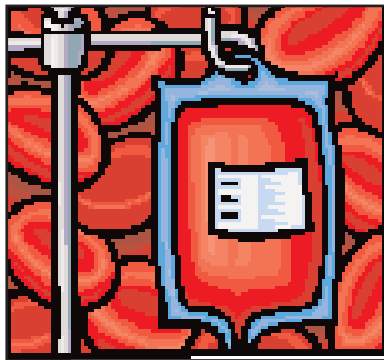


**January is:**

**National Glaucoma Awareness Month**

**and**

**National Volunteer Blood Donor Month**



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