

SITELINES

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Citizens Have a Stake in Environmental Monitoring Program

by Norma Restivo

The operative word in the Community Environmental Monitoring Program (CEMP) is "community."

That's because the emphasis of CEMP - a network of 26 monitoring stations located in areas surrounding the Nevada Test Site (NTS) - is to directly involve local residents in obtaining vital environmental data related to the NTS. This includes monitoring airborne radioactivity and weather conditions and making the results available to the public in real time on the World Wide Web at <http://www.wrcc.dri.edu/cemp/>.

"After the Three-Mile Island incident in 1979, a number of federal agencies and utilities initiated the idea of citizen involvement in monitoring power plants and other related facilities," explains **Bruce Hurley**, program manager for environmental monitoring for the National Nuclear Security Administration Nevada Site Office.



A Community Environmental Monitor uses hand-held radiation detection instruments to measure the natural radioactivity in various types of rocks.

This ongoing participation gives the community a stake in the offsite monitoring process and helps to allay their concerns about radiation and radioactive materials, Hurley adds. In addition, these individuals can act as spokespersons in community outreach efforts.

CEMP was initiated in 1981 through a joint effort among the Desert Research Institute (DRI), the U.S. Department of Energy, Nevada Operations Office (DOE/NV), and the Environmental Protection Agency (EPA) Office of Radiation and Indoor Air. In 2000, the EPA role transitioned to DRI (now with the Nevada System of Higher Education).

Currently, DRI manages the stations with the assistance of 44 Community Environmental Monitors (CEMs), men and women who receive a stipend to maintain the stations and are also available to discuss monitoring results with the public, offering a "resident perspective" on the NTS and its operations. This includes speaking to community and school groups.

About half of the CEMs are current or former science teachers, while the others are a mixture of retirees and others who have a keen interest in the NTS. These dedicated CEMs spend several hours a week maintaining their designated stations, which involves checking equipment and air filters, and routing data to DRI for analysis. A handful of route monitors assist these efforts by troubleshooting the equipment and collecting air filters.

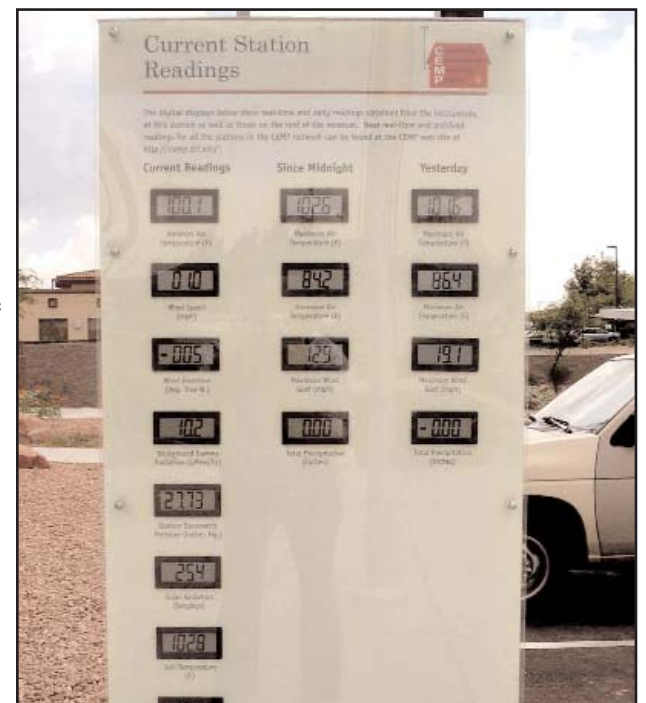
"We monitor air temperature, humidity, wind speed and direction, solar radiation, barometric pressure and precipitation, in addition to ionizing radiation," says Hurley. "That's why it's so beneficial when teachers want to be CEMs."

The job is certainly beneficial for Don Curry, an award-winning science teacher at Silverado High School in Las Vegas, who teaches biology and environmental science. He has been a CEM since 1992. He monitors the station adjacent to the DRI Flamingo Road Campus and is ecstatic about the opportunities that CEMP affords him, both as an instructor and local resident.

"This program continues to put me in contact with a large number of researchers and scientists in many disciplines," says Curry. "That's invaluable to me and my students."

When Curry accompanies students to the monitoring station, he says the experience enhances and broadens information they glean from textbooks and lectures. In addition, witnessing science in "real time" can spark children to consider careers in the field.

"The most important part of this program is watching how it can turn a student on to the things that matter in the world, because kids don't always see the cause and effect connections in climate and weather," explains Curry. "The station and the Web site allow them to see the last 20 years of wind data at Elko or Winnemucca and then they can begin to connect the dots."



A typical monitoring station shows this data display board, which is a prototype display board.

In the next issue of Sitelines

- Holiday messages from key managers
- E-85 Fuel at the NTS and other energy-saving initiatives
- Federal Combined Campaign and United Way results
- Wackenhut Graduation Ceremonies



The Las Vegas monitoring station is located adjacent to the Desert Research Institute.

Photos courtesy of Bruce Hurley

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CEMP

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The stations are located both in Nevada and Utah - from Delta, Utah, to Boulder City, Nev., to Tonopah, Nev. In the near future, there will be additional stations at the Arizona border in Mesquite, Nev., and in Tecopa Valley, Calif. The CEMP network also features stations located at a handful of central Nevada ranches.

The monitoring equipment boasts an array of instruments, some possessing such exotic names as "microbarograph" and "Thermoluminescent Dosimeter" (TLD). Then, there's the particulate sampler, an instrument that samples for radioactivity by pulling air rapidly through a paper filter. There's another device called a pressurized ion chamber, which makes continuous measurements of gamma radiation exposure rates. The stations are also equipped with weather instruments.

The central Las Vegas station, adjacent to the Atomic Testing Museum on the campus of DRI, is a bit of a curiosity to the public, which provides a perfect opportunity for Curry.

"When people walk by the station, they invariably start to ask questions," says Curry. "This allows me to educate them about the NTS and the sensitivity of the instruments involved in the offsite monitoring program. This reassures the community that the NTS is not generating a radiological hazard to the public."

CEMS receive ongoing training to perform their duties with the appropriate skills and knowledge. This includes annual training that covers NTS history, radiation facts, an overview of the CEMP Web site, and current programs at the NTS. At a recent workshop in Utah, participants also discussed developments within the Department of Homeland Security and took part in mock emergency drills.

According to Ted Hartwell, DRI's program manager for CEMP, the mission of the program is simple - to directly involve stakeholders in the monitoring process and make the monitoring data as accessible as possible to the public.

"Someone with a personal stake in the community lends a great deal of credibility to the program," says Hartwell. "That can't be measured or replaced."

"Someone with a personal stake in the community lends a great deal of credibility to the program. That can't be measured or replaced."

Carlson Lauds Employees for Expertise, Customer Service

by Norma Restivo

Eight Bechtel Nevada (BN) employees were recently lauded by **Kathy Carlson**, manager of the National Nuclear Security Administration Nevada Site Office (NNSA/NSO), for their "extraordinary efforts in assuring that only compliant waste is accepted at the Nevada Test Site (NTS)."

Carlson sent a letter of appreciation to BN President and General Manager **Dr. James E. Powell** in early October, commending the employees who support the Waste Management Division (WMD) Radioactive Waste Acceptance Program (RWAP). They are: **Marcus Dixon, Robert Geisinger, Derrell Harmon, Deron Linkenheil, Michael McKinnon, Brian Moran, Andrew Rosenman, and James Zovi.**

"These individuals have continually demonstrated excellent customer service throughout the year by dealing with difficult personalities and conducting tedious document reviews," said Carlson. "Additionally, they have spent a great deal of time on travel, helping resolve complex-wide disposal issues, and assisting several generators to meet milestones and regulatory requirements."

In record time, these employees were instrumental in completing revision 6 of the Nevada Test Site Waste Acceptance Criteria. They also developed and implemented a monthly Waste Certification Official Conference Call to share Lessons Learned and information with generators and U.S. Department of Energy (DOE) counterparts throughout the DOE complex. Generators include such entities as Oak Ridge National Laboratory, Lawrence Livermore National Laboratory, and Brookhaven National Laboratory.

Carlson commended the employees' "professionalism and dedication to the NNSA/NSO RWAP" and noted that their support of RWAP and contributions to the NNSA/NSO WMD is "greatly valued."

Powell was equally appreciative. "Congratulations," he said. "This recognition is well-deserved."

Wayne Johnson, BN's assistant general manager for Environmental Management, also lauded the team, noting that this recent recognition "is a tribute to your dedication and hard work in assuring that our Radioactive Waste Acceptance Program meets the needs of the entire Department of Energy complex."

Johnson explained that these dedicated individuals travel all over the country to make sure that the waste that is destined for the NTS meets all the qualifications of the NNSA/NSO program. All waste that is accepted at the NTS must meet the Waste Acceptance Criteria, which considers radiological and hazardous material characterization, types of waste and packaging, and how the waste is transported to Nevada.

Photo courtesy of Gina Fitzmaurice



Back Row (left to right) **Brian Moran, James (Bruno) Zovi, Deron Linkenheil, Greg Geisinger,**
Front Row (left to right) **Andrew Rosenman, Marcus Dixon, Mike McKinnon**
Not pictured - **Derrell Harmon**

R-MAD Facility Undergoes Controlled Explosive Demolition



Now on the ground, the steel and concrete from the controlled demolition can be handled safely for disposal at the landfill.

As part of the Fiscal Year 2005 Facility Demolition and Disposal project, Bechtel Nevada (BN) conducted environmental and radiological surveys of the Reactor Maintenance, Assembly, and Disassembly (R-MAD) facility, acquired a National Environmental Policy Act permit, and began pre-demolition preparation on the facility.

The R-MAD complex, built in the mid 1960s, was originally part of the nuclear rocket development program. Most of it was recently demolished as part of an ongoing initiative by the National Nuclear Security Administration to reduce expenses associated with facilities that are no longer operational.

Part of this process involved the removal and proper disposal of asbestos-containing materials. Then, the site was turned over to the subcontractor (DEMCO/CDI) for demolition and disposal. R-MAD is located in Area 25 of the Nevada Test Site (NTS).

On Sept., 16, 2005, BN awarded a contract modification to provide all material, labor, transportation, and supervision to totally demolish certain areas of building 25-3110, a major facility within the R-MAD complex. A revised operating permit then was approved and posted on Oct. 10, 2005.

Because portions of the facility were over 60-feet tall and featured high bay structures that formerly housed large equipment, it had to be brought down with a Controlled Explosive Demolition using unconventional methods, according to **Dwight Burch**, BN's senior facilities specialist who managed the project.

On Oct. 14, 2005, portions of the facility were imploded in accordance with the approved demolition plan provided by the subcontractors, who have subsequently reduced the rubble and hauled the demolition debris to an NTS landfill. The date for full project completion was set for Oct. 27, 2005.

Below: Stripping away sheet metal and concrete walls leaves only the structural supports and reduces the amount of explosives required to bring down the structure. At right: The Controlled Explosive Demolition of a high bay structure at R-MAD.



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: Michael W. Brown

Company: Ruchman & Associates, Incorporated [RAI]

Job Title: FOIA & Privacy Act Officer Assistant, Public Affairs Assistant

Hometown: Knoxville, Tenn.



Hobbies/Interests: Lexicology (study of words and their interactions in language), amateur astronomy, classic Stoicism, American history periodicals, sports television (professional football & soccer)



Dan Loney NTS Operations Center Dedicated in October

by LeeAnn Inadomi

On Tuesday, Oct. 18, 2005, NNSA/NSO Manager **Kathleen A. Carlson** and BN President and General Manager **Dr. James E. Powell** participated in a dedication ceremony of Building 117 in Mercury. The building was dedicated to the memory of former Assistant General Manager **Dan Loney**, who died in a traffic accident on March 7, 2005.



Although dampened by rain, the ceremony was a very fitting tribute to a man who truly believed in the mission of the Nevada Test Site. Dan earned the reputation as one of the nation's foremost subject matter experts in nuclear operations. He was very highly regarded by his coworkers, who sought him out for guidance and respected him for his commitment to safety and the simple philosophy of "doing things right the first time." Dan's wife, Deb Loney, attended the ceremony.

Kathy Carlson called Dan "a safety professional" and told the crowd that she thinks of Dan every day on her drive to and from work, and asks him to "watch over all of us." Kathy presented Deb Loney a bouquet of roses and told her that Dan would often tell her to "stop and smell the roses." Dr. Powell reflected on his interactions with Dan, but was most proud to show everyone the wooden name carving that Dan had made him. Woodworking was a hobby of Dan's and he made upwards of 200 names plates for BN and NSO colleagues.



John Howanitz, BN Assistant General Manager for NTS Operations, served as master of ceremony, and was instrumental in gaining approval for this building dedication. The final speaker was **Bob McCook**, BN Contractor Assurance and Compliance Manager, who was hired by Dan and spoke to him nearly every day on the way to the office and when he was on travel. Bob said that Dan always wanted "to check on my attitude and approach" for various issues of the day.

The NTS Fire and Rescue Color Guard lent a respectful presence at the dedication ceremony for The Dan Loney NTS Operations Center.

photos courtesy of Steven Carragher

Board of Commissioners Commends BN for Community Involvement

The Clark County Board of Commissioners issued an official proclamation on Oct. 18, 2005, to "express our sincere appreciation for Bechtel Nevada's contribution toward the development of small businesses in our community."

The proclamation specifically recognized Bechtel Nevada for its significant contributions to the community and specifically for the company's involvement in trade fairs, business planning meetings, training seminars, and other actions designed to grow and enhance the Clark County Small Business community.



From left to right: Michael Martin, Theresa Hatch, Ray Sunday, Kathy Vaselopoulos, and John Kent. These individuals work directly to provide guidance to small businesses in the community.

photo courtesy of Barrett Shaw

Retirements

- Kirk Gries** - Wackenhut Services, Inc.
- Allen Hoover** - Wackenhut Services, Inc.
- Donald Little** - Bechtel Nevada
- Jim Thimsen** - Wackenhut Services, Inc.

In Memory

- Timothy Grover**, former BN employee
- Marion Pedersen**, former contractor employee
- Larry Wigington**, former BN employee

Face-to-Face

- Name:** Tammam Cheetany
- Company:** Stoller-Navarro Joint Venture
- Job Title:** Information Technology Manager
- Hometown:** Cedar Rapids, Iowa
- Hobbies/Interests:** Travel and spend time with my wife and two boys; any outdoor activities; workout; work in my yard; read magazines.



Beyond

the call

Hugh Jones Goes Above and Beyond the Call of Duty



In September 2005, a Wackenhut Services, Inc. (WSI) employee was eating lunch at his desk when a piece of food became lodged in his throat, preventing him from breathing. Luckily, two Wackenhut supervisors were present and noticed the employee was in distress.

While one supervisor called 9-1-1 for emergency medical assistance, WSI Section Manager **Hugh Jones** took immediate action and began performing abdominal thrusts on the employee. After several attempts, the obstruction was successfully dislodged, allowing the employee to breath normally again. As a precaution, the employee was transported to a Nevada Test Site medical facility where he was examined by medical personnel and released to full duty.

Jones joined WSI in January 1984, after serving his country in the United States Air Force for over 20 years; he plans to retire from his second career at the end of 2005. There is no doubt that Hugh's training in the Air Force and with WSI prepared him for this live-saving feat.

BN Administrative Council a "Rising Star"



Created in 2002, the Bechtel Nevada (BN) Administrative Council supports the BN mission by encouraging excellence through training and developing the company's administrative professionals.

Recently, the council received the 2005 Rising Star Award for their outstanding performance in areas including: Exemplary Behavior, Ongoing Programs, and Special Projects. Sponsored by Office Dynamics, Ltd., this annual award acknowledges the efforts of administrative teams who foster team spirit, create innovative

programs for their administrative professionals, and make a positive impact on their organizations.

The Administrative Council has created teams which concentrate on areas which promote professional growth. For this year, teams include the Administrative Professional Mentoring Program; the Administrative Council Web Page; the Administratively Speaking newsletter; the Process Improvement; the Community Service; and the Administrative Professionals Conference teams.

If you are interested in learning more about the Administrative Council and/or becoming part of a team, please contact **Michelle Nicoll** at (702)-295-0601 or **Danette Hatfield** at (702) 295-0442. Membership is open to all BN administrative professionals and teams are comprised of both council members and non-members.

Thundering On for Youth Charities

by Robert Noto

In October, a riding club of motorcyclists from Bechtel Nevada (BN) rode in support of the 6th Annual Elks Lodge Ed Mahony Run for Kids. The riding club members who participated in the all-day Sunday event included Six Sigma Black Belt **Robert Noto**, along with **Mike Schnars** (ES&H Training), **Bart McGough** (Intelligence and Network Support - RSL), and **Keith Kolb** (Photo/Video-RSL).

"The event drew 142 bikers from across the valley and raised over \$3,300 for the Elks Youth Charities," stated Patrick "Pappy" Mahony, the event's originator and champion. "I am pleased with the growing turnout every year and the opportunity to make a difference in children's lives." The Elks Lodge Youth Charities support Child Haven, Children's Muscular Dystrophy Christmas Party, and the New Vista Ranch for Mentally Challenged Kids.

Ed Mahony was a local biker, Teamster, Marine, and Elks Lodge secretary who was extremely active in the Las Vegas community supporting youth charities. He later died of complications resulting from a motorcycle accident. Yet during a four-year period after the accident, Ed continued to champion many local youth charities. In memory of his brother Ed, Pappy created the Annual Elks Lodge Ed Mahony Run for Kids.

The club is comprised of BN bikers - who include **Tom Fitzmaurice**, **Ray Thom**, **Robert Noto**, **Mike Schnars**, **Bart McGough**, **Keith Kolb**, **Dan Tobiason**, and **Ken Braithwaite** - and supports many of these charitable events that take place throughout the year. The group encourages interested individuals to participate in these worthwhile activities and enjoy a day of riding, fellowship, and fun. If you're interested in getting involved, please contact **Robert Noto** at (702) 295-5659, or **Mike Schnars** at (702) 295-3474.

Mentoring - a Productive, Interactive Exchange Benefiting Everyone

by Norma Restivo

As novice employees increasingly seek out the counsel of their more seasoned peers, mentoring has become a staple in today's workplace.

At Bechtel Nevada (BN), there are currently 55 active mentoring relationships in the voluntary mentoring program, which has been in effect for two years. (see sidebar)

The National Nuclear Security Administration (NNSA) has adapted several concepts from BN in support of its own Future Leaders Program (FLP) -- a two-year internship designed to develop participants' technological, business management, and information technology competencies as well as leadership skills.

"Our ability to share strategies demonstrates the partnership between Bechtel Nevada and NNSA, and the effectiveness of Bechtel's corporate approach to developing future leaders," says **Jerry Truax**, NNSA FLP Program Manager.

Tim Ploeger, of BN's Experimental Support with Special Measures Program, recently became a mentee. As a young engineer, Tim felt confused about what career paths he should take within the field of science and engineering. He was paired with mentor **Steve Cruz**, who is also an engineer. Tim found it helpful to talk with someone outside of his chain-of-command who understood his questions and concerns.

Cruz taught Ploeger how to survive as an engineer in corporate America. Ploeger says, "It was frustrating not knowing how to communicate with the other engineers, deal with managers, and handle tough situations." His mentor was well-versed in what happens out in the field, and was also

invaluable in giving advice, important contact numbers, and his own personal experience. They had one sit-down meeting in the beginning of the mentoring process, but now mostly communicate via e-mail. Anytime he needs advice or just someone to talk with, Ploeger can always count on his mentor for support.

Livermore Operations' Manager of Advanced Sensor Development Group, **Bill Nishimura**, was asked by his operations manager to become a mentor. He began mentoring **Mike Cardenas**, who had the same education and challenges as Bill had when he was younger.

Nishimura shared his 36 years of experience with his mentee, advising him to go back to school to obtain his master's degree. Through the mentoring process, Cardenas began to realize what he needed to improve within himself in order to grow as a professional and also as an individual. He began to see the world more realistically. He is now taking management-related courses at the local university to acquire an advanced degree. The pair meet about once a month, usually over lunch. "My door is always open," says Nishimura.

The Bechtel Nevada Voluntary Mentoring Program is open to all employees who want to be matched with a mentor or become a mentor themselves. The only prerequisite for mentees is an active Development Plan (BN-1711). For more information on the mentoring program, click on: <http://bnhome.nv.doe.gov/leadsply/mentor.htm>.

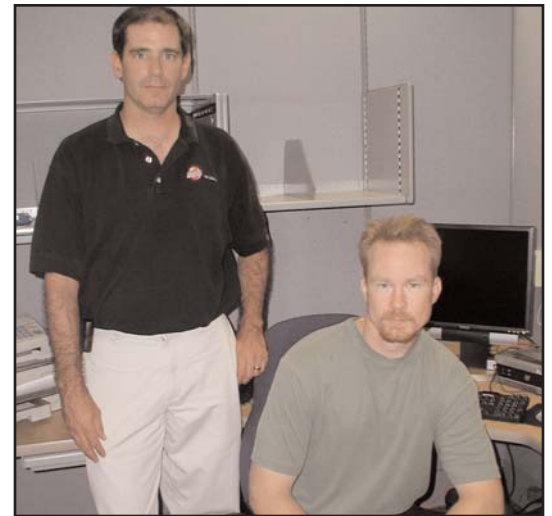
Mentor Steve Cruz (left) and mentee Tim Ploeger are involved in the BN Leadership Supply mentoring program.

photo courtesy of Jennifer Morton

What is BN's Voluntary Mentoring Program All About?

The company has a voluntary mentoring program to develop future leaders where mentors invest time, knowledge, and effort to enhance the professional and personal growth of their mentees. This voluntary relationship focuses on interpersonal support, guidance, shared wisdom, and coaching, according to **Shari Morrison**, manager of BN Leadership Supply.

The mentoring program's objective is to provide a forum for accelerated development and continuous learning throughout the company. The program is uniquely designed to capitalize on the strength and experience of seasoned employees, who impart these assets to the next generation of BN leadership.



Thoughts on Safety in the Parking Lot...

by Doug Gilbert

Former Acting Site Verizon Manager

One of our Verizon employees was recently involved in a parking lot collision that, fortunately, resulted only in relatively minor damage to both vehicles with no personal injuries. We only have to survey the scars left on walls and poles in any parking lot in town to see that inattentive drivers have too many accidents in the parking lot scenario, and all of these accidents are easily avoidable with preparation, vigilance and execution of standard defensive driving techniques.

Sadly, most people don't understand the immutable laws of physics well enough to comprehend the considerable power they control when operating a motor vehicle, even at parking lot speeds. It is truly the equivalent of operating a piece of heavy equipment. Yet, too many people consider parking lots to be a safe haven from the conditions of the road and they let down their defenses while driving in the parking lot, allowing the multiple situations they encounter to distract their attention from safe driving, rather than sharpening their readiness for unexpected events.

While parking lots appear to be orderly environments, they are filled with pedestrians, drivers, carts, and objects that often behave in unpredictable patterns. Visibility is generally restricted due to narrow spaces, and the basic rules of the road cannot be counted on while maneuvering within a parking lot. As a pedestrian or a driver, extra caution is required in the parking lot. Let me provide some examples:

While walking through a Wal-Mart parking lot in the year 2000, I heard a screech of nearby tires, and without seeing the source, I instinctively leaped up and back, leaving my sandals on the pavement. A car drove backwards underneath me, and I landed with my hands on the roof, staring into the face of an elderly driver. My shoes were completely under the car. We will never know why she jammed the gas pedal with the car in reverse, but surely it was not intentional. That same year, a woman was killed in Portland, Maine, when she reached outside her car door from the driver's seat to retrieve something while the car was in gear. Her foot slipped from the brake to the accelerator, hurling the car forward to sideswipe a telephone pole. Her open door cut her in half as her children watched from their car seats. My point is that automobiles are powerful machines that need to be respected and taken seriously whether you are driving or walking.

In one final story, I was driving in an automobile dealership parking lot, completely distracted by the many new cars on the lot. I ran my car straight into a cement pedestal for a light pole, causing considerable front end damage. I bruised the back of my head on the steering wheel, indicating that I was looking backwards, not forward, as I drove. It is easy to get distracted in a parking lot.

Please remember that defensive driving requires that we think ahead of time about what could go wrong and prepare ourselves to react when they do. Use all of your resources to avoid accidents: steering wheel, horn, brakes, parking brake, lights, passengers, hand gestures, and anything else that comes to mind. Be observant. Get out and look. Expect the unexpected and be prepared to react. At parking lot speeds, we generally have some reaction time if we don't freeze up. Use that time to avoid collisions and to help others avoid colliding with you.

We have a choice. Parking lot accidents can be avoided with preparation, vigilance and execution.

Hispanic Culture Makes Positive Impact in Nevada and Beyond

by Norma Restivo

The Hispanic culture continues to make a significant and positive impact throughout the United States. In fact, Hispanics now make up 14 percent of the nation's population and can be found as leaders in every industry.

Dr. Juan J. Ramirez, a retired scientist and manager at Sandia National Laboratories, provides a vibrant example of Hispanic leadership. In August, he delivered an eye-opening keynote address at the 2005 conference of the Southern Nevada Hispanic Employment Program Council (SNHEP), an interagency group committed to enhancing educational and employment opportunities for Hispanics.

In 2005, the organization and its sponsors awarded scholarships valued at \$83,900 to 99 individuals with a desire to further their education, including high school students, returning students, and those at mid-career. Sponsors - which included Bechtel Nevada (BN), Bechtel SAIC, and Wackenhut Services, Inc (WSI) - provided scholarships with in-kind and matching funds.

"To be completely free, we must be completely educated," Dr. Ramirez told the assembled crowd, which encompassed scholarship recipients, as well as council members, the media, and corporate sponsors.

During a 30-year career with Sandia-- where he led the development of pulsed-power capabilities to provide radiation environments for weapon component testing and fusion research--

Dr. Ramirez and a cousin also co-founded an elementary school near his hometown of Belize, a country of Central America on the Caribbean Sea. Dr. Ramirez literally mortgaged his home to create the school, which

now boasts nearly 300 students who are obtaining a solid education in science, math, and English.

Calling himself both a "scientist and a humanitarian," Dr. Ramirez pointed out that "luck comes to those who are prepared and have the courage to take risks." He later noted that his career at Sandia, where he retired from in 2002, was a "commitment" rather than a job.

Bechtel Nevada President and General Manager **Dr. James E. Powell** represented BN at the luncheon and spoke to the crowd about his long personal and professional relationship with Ramirez. He echoed the sentiments of Ramirez regarding education.



*BN President and General Manager **Dr. James E. Powell** is pictured here with scholarship recipients **Federico Mendez, Erika Acevedo, and Ursula Leon.***

"I believe that a good education allows people to add value to the world," said Powell. "Juan has done a magnificent job in that area not only through a remarkable career, but by building this school and training these children."

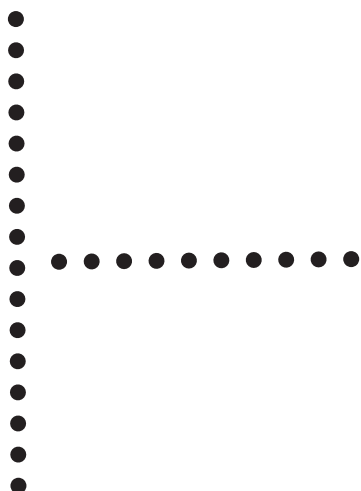
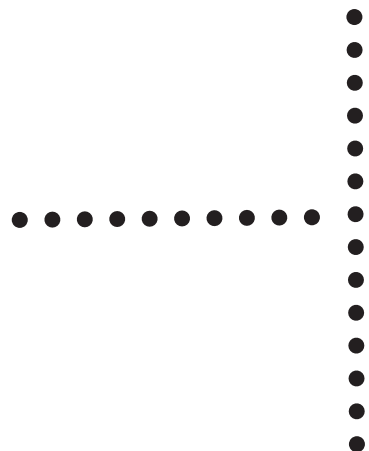
National Hispanic Heritage Month was officially observed this year from Sept. 15 through Oct. 15. On its Web site, the National Nuclear Security Administration (NNSA) noted that it is committed to creating an environment to attract, hire, and retain America's brightest leaders; it's Office of Diversity and Outreach maintains ongoing partnerships with Minority Serving Institutions, which includes the Hispanic Youth Symposium (www.hispanic-youth.org) and the Hispanic Employment

Program.

“To be completely free, we must be completely educated.”

Face-to-Face

Name: Kathy Pepin
Company: Behctel Nevada
Job Title: Administrative Assistant - Human Programs & Communications
Hometown: Peru, Ill.
Hobbies/Interests: Target shooting, reading, my family



Face-to-Face

Name: Gayle Humes
Company: Wackenhut Services, Inc.
Job Title: Senior Security Clerk II
Hometown: Panama City, Fla.
Hobbies/Interests: Reading (love stories and post Civil War books, traveling, watching TV (Trading Spaces and the Food Network channels) working with the mentally challenged, spending time with my family, especially my grandchildren. I love my grandchildren!



MILESTONES

Bechtel Nevada

40 years	<i>Nevada Test Site</i> - David Kranjceovich
35 years	<i>Las Vegas</i> - James Powell
30 years	<i>Las Vegas</i> - Eyston Petersen ; <i>Nevada Test Site</i> - James Bell
25 years	<i>Las Vegas</i> - Kaye Slack ; <i>Nevada Test Site</i> - John Gamby, Jr., Frank Spenia, Karen Williams
20 years	<i>Las Vegas</i> - David Hando, Ann Walport ; <i>Los Alamos Operations</i> - Marlon Crain ; <i>Nevada Test Site</i> - John Blanco, Blake Cleghorn ; <i>Remote Sensing Laboratory-Nellis</i> - Philip Cenicola
15 years	<i>Las Vegas</i> - David Patterson ; <i>Nevada Test Site</i> - Madelyn Hayes, Thomas Leonard
10 years	<i>Los Alamos Operations</i> - Michele Vochosky ; <i>Nevada Test Site</i> - Lawrence Ayala ; <i>Remote Sensing Laboratory-Andrews</i> - Henry Gwathmey
5 years	<i>Hawaii</i> - Eric Wagner ; <i>Las Vegas</i> - Forrest Cannon, Barbara Hall, Beth Shuffield ; <i>Nevada Test Site</i> - Edward Bane, Roland Benton, Ryan Campbell, Terry Choyce, Scott Cline, Daniel Crays, Deborah Darr, David Garcia, Daniel Kranjceovich, Charles Lisk, Kerry Mackey, Don McIntosh, William Nixon, Russell Owens, Joseph Sears, Gary Sherfield, Gerald Sill, Christopher Suerdieck ; <i>Remote Sensing Laboratory-Andrews</i> - George LeRoy ; <i>Remote Sensing Laboratory-Nellis</i> - Piotr Wasiolek

Wackenhut Services, Inc.

20 years	John Anderson, Daniel Palermo, Rafael Romo
	ARL/SORD
5 years	James Wood
	Desert Research Institute
30 years	Roger Jacobson
10 years	Gregg Lamorey
5 years	Douglas Boyle, Majken Nilsson, Donald Sada
New Hires	<i>Las Vegas</i> : Darius Cosca, Nicole Force, Ron Gibson, Lincoln Griswold, Nicole Verheyen ; <i>Nevada Test Site</i> : Scott Alderman, Robert Allen, Alice Bair, Susan Gray, Rebecca Fish, George Henckel, Mary Juarez, Billy Johnson, Gary Koyama, Daryl Magers, Benjamin McGee, Colleen McManus, Carl Newman, Kenneth Pickett, Rica Salcedo, George Salyer ; <i>Remote Sensing Laboratory-Andrews</i> : Alford Duncan, Jeffrey Wisch ; <i>Remote Sensing Laboratory-Nellis</i> : Christopher Hodge ; <i>Special Technologies Laboratory</i> : Sharyn Namnath

Indoor Air Pollution - What You Need to Know

by *Dodie Haworth*

Have you experienced the following symptoms recently: headaches; muscle aches; dizziness and nausea; eye, nose, or throat irritation; dry cough; dry or itchy skin; difficulty in concentrating; fatigue? Think you're catching a cold or the flu? Think again. You may be suffering from allergic reactions to indoor air pollution.

Many people are being made ill each day by chemicals in the air they breathe. Indoor air pollution in the workplace can arise from the release of toxic chemicals from carpets, wall coverings, ceiling tiles, cleaning agents, copy machines, computers, and personal care products such as perfumes and after shave. The ventilation systems of many buildings are not able to extract these chemicals from the air, and instead re-circulate them, resulting in indoor air pollution levels far greater than the levels outdoors.

Some of the worst offenders of indoor air pollution in the workplace are the fragrances arising from personal care products. Such products include perfumes, colognes, after shaves, bath soaps, shampoos, deodorants, moisturizers, hand creams, hairsprays, hair gels, etc., all containing different fragrances. These personal care products are potent because they are used repeatedly in high doses.

There are more than 1,000 body fragrances on the market today and more than 4,000 chemicals are used in fragrances. According to the

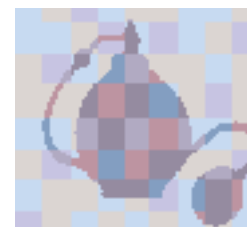
National Academy of Sciences, 95 percent of the chemicals used in fragrances today are synthetic compounds derived from petroleum. Some toxic chemicals found in fragrances are: toluene, ethanol acetone, formaldehyde, limonene, benzene derivatives, methylene chloride, and many more which have been shown to cause serious health problems and death in animals. As people inhale more and more of these airborne chemicals each day, there has been a dramatic increase in the number of individuals made sick by fragrances.

In the work environment, many individuals believe the use of fragrances and scented body care products is a personal choice which has no effect on those around them. However, imagine how many volatile chemicals there must be in the air you breath if each employee in your building is wearing perfume or cologne, has washed their body with scented soap and their hair with scented shampoo, has applied a scented deodorant, has sprayed their hair with a scented hairspray, has moisturized their skin with a scented moisturizer, and rubbed scented hand cream onto their hands all day. As these fragrances become airborne, they are easily inhaled by others, and can create severe allergies and other health problems similar to second hand cigarette smoke.

In the workplace it is difficult to avoid scents without sometimes offending co-workers. The issue of individual rights becomes a major consideration. Chemical-sensitive individuals have

tried techniques such as medications, using fans, and even placing signs in their work area asking those wearing perfume not to enter. Unfortunately, these methods have very little impact due to the close proximity many employees work in, such as cubicles, shared offices, and shared carpools or bus rides.

If you must wear a fragrance, use it sparingly. As a courtesy to the people around you, it is wise to carefully consider how your fragrance might impact others. Even though you may not smell a fragrance or may not be bothered by a fragrance, the scent may be causing many symptoms in others. If someone asks you to refrain from wearing fragrances around them, try to understand that they are not attempting to violate your personal rights or offend you; medical evidence is on their side. So respect their request and do your part to help make our working environment a place where all employees can be comfortable.





About 18.2 million Americans have either Type I or Type II diabetes mellitus and, according to the American Diabetes Association, 5.2 million of those are undiagnosed. In addition, diabetes was the sixth leading cause of death in the United States in the year 2000.

Type I diabetes, previously known as Juvenile-Onset or just Insulin Dependent Diabetes Mellitus, primarily affects the young child or adolescent. It is characterized by the inability of the pancreas to make the hormone insulin. Because insulin is required for proper utilization of glucose (sugar), the lack of insulin effectively starves the body's cells of needed energy and proper nutrition. There is no known familial (genetic) association with Type I diabetes yet one in every 400 to 500 children and adolescents has this disorder.

The majority of all diabetes is Type II diabetes, formerly called Adult-Onset Diabetes Mellitus. Type II diabetes is characterized by the body's inability to properly utilize the insulin made by the pancreas. This has been termed "insulin resistance". Typically the individual at risk for the development of Type II diabetes is overweight, physically inactive, and has a family history of diabetes.

Type II diabetes is currently at epidemic proportions in America and has become a major public health concern for our health system. Children are developing this "adult-onset diabetes" as young as 12 years of age. Other groups where Type II diabetes is common include Native Americans/American Indians, African Americans, and Hispanic and Latino children and adolescents.

What are the symptoms of diabetes?

The "classic" symptoms include:

- Frequent urination
- Excessive thirst and/or extreme hunger
- Unusual weight loss
- Increased fatigue and/or irritability
- Blurred vision

However, very commonly, symptoms of overt diabetes are either nonexistent or very subtle. Therefore, it is important that you know your family history and understand the relationship that obesity and sedentary lifestyle play as risk factors.

If you have one or more of these diabetes symptoms, see your doctor right away.

What are some long-term effects of both Type I and II diabetes?

- Diabetes carries an increased risk for heart attack, stroke, and complications related to poor circulation.
- Diabetes can damage the kidneys, which not only can cause them to fail, but can also make them lose their ability to filter out waste products.
- Diabetes can cause eye problems and may lead to blindness. People with diabetes do have a higher risk of blindness than people without diabetes.
- Diabetes can cause neuropathy, which means nerve damage throughout the body, including nerves connecting the spinal cord to muscles, skin, and other organs.

What lifestyle changes can you make to address diabetes?

The Centers for Disease Control and Prevention (CDC) report that lifestyle changes involving diet, exercise and losing even a little weight can prevent or delay Type II diabetes, if you are at high risk.

• **Weight loss**

Obesity is the single most important risk factor for Type II diabetes. Between 80 and 90 percent of people with Type II diabetes are overweight. Losing just 10 percent of your weight can reduce your risk of diabetes.

• **More exercise and less TV**

Exercise rarely causes direct weight loss, but it does improve insulin

sensitivity, allowing the cells of your body to more effectively use its own insulin. Your goal should be to exercise four to six times a week for 30 to 60 minutes each session. Talk with your doctor before starting an exercise program.

What is the best diet to follow for diabetes?

• **Variety of foods**

Avoid foods with excessive fat, calories, and cholesterol. Instead, eat a variety of foods from the major groups, including fruits, vegetables, and whole grains.

• **High fiber, low animal fats and low refined starches and sugars**

A healthy diet is high in fiber and low in animal fat, but also low in refined starches and sugars. You must watch your portion size as well.

• **Vitamin E**

A study reports that people who eat diets high in vitamin E were 30 percent less likely to develop Type II diabetes. Good sources include avocados and nuts.

• **Colorful fruits and vegetables**

In other studies, people who consumed a lot of red, yellow, and orange fruits and vegetables (containing beta-carotene) were less likely to develop Type II diabetes.

• **Magnesium**

Adequate magnesium can reduce the risk of diabetes by up to 34 percent, recent studies report. The best sources are green leafy vegetables, whole grains, and nuts.

• **Alcohol**

If you choose to drink, limit the amount and have it with food.

What other factors should you consider in weighing the risk for diabetes?

• **Smoking**

According to a new study, smoking raises the risk of developing diabetes.

• **Sleep**

Researchers report that sleeping for less than six hours or for more than nine hours each night, is associated with an increased risk of diabetes and impaired glucose tolerance.

• **Medications**

There are no drugs available to prevent diabetes, but lifestyle changes and treatment with particular medications may reduce the incidence of diabetes in persons at high risk.

Following a healthy and active lifestyle is the key to lower your risk of developing diabetes. If you need support to make healthy changes, seek professional guidance, such as the services of a registered dietician. You may also visit the American Diabetes Association Web site for more information at <http://www.diabetes.org/home.jsp>. Please contact BN Occupational Health Nurses **Robin Ireland**, at (702) 295-4736, or **Karen Sondrol-Maxwell** at (702) 295-1474, with any questions.



CALENDAR OF EVENTS

November 11

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

November 24

NNSA/NSO and contractor offices closed in observance of Thanksgiving.

December 26

NNSA/NSO and contractor offices closed in observance of Christmas 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

November 2-4

Attend the ODP Training Symposium sponsored by the Office of State and Local Government Coordination & Preparedness. The event provides an opportunity to network with state and territory training points of contact, existing training partners, and training division staff. Featured exhibits will highlight available course offerings and courses currently in development. For more information, go to <https://eNSTG.com/Signup/> and use conference code ODP68241, or contact **harris_pamela@bah.com**.

November 5-11

The 2005 ASME International Mechanical Engineering Congress & Exposition takes place in Orlando, Florida. The event fea-

tures an extensive and diverse technical program featuring the latest cutting-edge engineering research with nearly 600 sessions in almost 50 fields. For more information, go to <http://www.asmeconferences.org/Congress05/>.

November 7-9

American Industrial Hygiene Association presents the Certified Safety Professional (CSP) Exam Preparation Workshop in Tampa, Flor.. Go to www.aiha.org/MeetingsEducation/html/continuingedu.htm or contact Contact: **Samantha Seigman** at (703) 846-0751.

November 12-16

International Association of Emergency Managers 53rd Annual Conference & EMEX Exhibit: "Emergency Management: Local, Regional & Global Successes." Takes place at the Phoenix Civic Plaza in Phoenix, Ariz. For more information, go to <http://www.iaem.com/>.

November 13-17

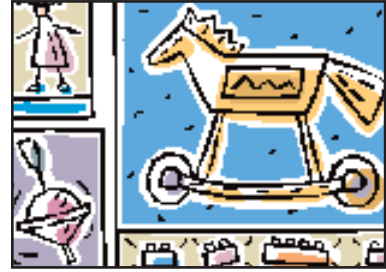
Winter meeting and nuclear technology exposition of the American Nuclear Society, who will present "Talk About Nuclear Differently: A Good Story Untold." Go to <http://www.ans.org/meetings/winter/> for more information.

November 14-17

Hazmat Explo(9) Conference and Exposition at the Orleans Hotel and Casino in Las Vegas. This event is geared toward a range of professionals - from grant writers to those investigating environmental violations. Go to <http://www.hazmatexplo.org/> for more information.

December 14-16

The International Society for Optical Engineering presents the College of Optical Sciences Workshop, Computer Generated Holography and Diffractive Optical Elements, at the University of Arizona in Tucson. Go to <http://spie.org/app/conferences/index.cfm> for more information.



December is:

**National
Safe Toys and
Gifts Month**

and

**National
Handwashing
Awareness
Month**



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