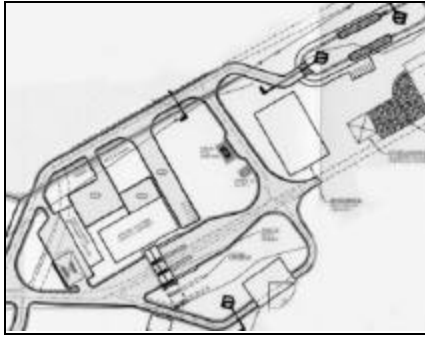


NTS receives \$13 million Homeland Security grant

by Kirsten Kellogg

Recently the Department of Homeland Security announced the award of a \$13 million grant to the Nevada Test Site (NTS). The grant will be used to begin the design of an approximately \$70 million testing and training complex featuring replicas of a U.S. land border crossing, a freeway, and an airport inspections facility.

"We live in a world in which we must be vigilant in protecting ourselves from nuclear and radiological threats," said Senator **John Ensign** (R-Nevada). "I commend Bechtel (Nevada) and the Nevada Test Site for taking the lead to keep our citizens safe. Nevadans can be proud of the work that will be done in our state on behalf of the security of this nation," said Senator Ensign.



Dubbed the Radiological/Nuclear Countermeasures Test and Evaluation Complex (Rad/NucCTEC), the facility will allow crucial security training and research to prevent radiological or nuclear materials, such as dirty bombs, from entering the country. The evaluation of radiation sensors and detection systems and the training of U.S. Customs and Transportation Security Administration inspectors on the operation of those systems are just a few of the activities the complex will support.

"Bechtel Nevada welcomes the opportunity to partner with the Department of Homeland Security on such an important security initiative," said project manager **Rich Tighe**. "This complex puts the Nevada Test Site at the forefront of counter terrorism testing and evaluation," added Tighe.

The complex, slated for construction south of the Device Assembly Facility (DAF), will include eight testing venues:

- A replica of a primary inspection station at a U.S. land border crossing
- A replica of a secondary inspection station at a U.S. land border crossing
- A testing facility to validate the performance of systems in extreme environmental conditions such as temperature, humidity, vibration, shock, wind, and dust.
- An instrumented high-speed roadway to evaluate the effectiveness of radiation sensors against vehicles carrying radiation sources moving at freeway speeds
- An "active interrogation" facility which will make possible the evaluation of the latest detection technologies that have the capacity to intrusively interrogate trucks and/or shipping containers, enhancing the sensitivity of detection for nuclear materials and overcoming the effects of materials that can shield the presence of nuclear materials.
- A training facility to accommodate up to 60 trainees, such as U.S. Customs and Transportation Security Administration inspectors.
- A replica of a U.S. Customs and Immigration airport facility for personnel, baggage, international mail, and international cargo screening.
- A sensor test track to perform source passes at calibrated speeds.

A preliminary design for the complex is scheduled for completion this summer and the target date for completion for the first set of venues is July 2005. The entire project will take three to four years to complete.

Profile: Thomas R. Clark

Thomas R. Clark, a former manager of the Nevada Operations Office from 1983 to 1987, passed away on Monday, March 8, 2004.



Tom was a graduate of the United States Military Academy, West Point, commissioned in the Corps of Engineers, a member of the then-secret Armed Forces Special Weapons Project, served in the Special Weapons Unit, and served as a company commander in the 120th engineer combat battalion, 45th infantry division during the Korean War. During his Army career, he received the Purple Heart, the Bronze Star, and the Legion of Merit.

After promotion to colonel, he retired in 1968 to accept a senior executive appointment to the Atomic Energy Commission. Upon the creation of the Energy Resource and Development Administration (ERDA) in 1975, he acted as the deputy assistant administrator for nuclear energy. In 1976, he was appointed deputy manager of the Albuquerque Operations Office, where he played key roles in nuclear weapon development and production, expansion of energy development activities in solar, wind, and geothermal development, and creation of the Waste Insolation Pilot Plant (WIPP) in southeast New Mexico. In 1983, he was appointed manager of the Nevada Operations Office and served until 1987.

After retirement from federal service, he and his wife returned to Albuquerque in 1988, from where he embarked upon a consulting career with several corporations, the national laboratories, and federal agencies. He was the past president of the Rotary Club of

Albuquerque and of the National Atomic Museum.

Two associates, **Nick Aquilina** and **Troy Wade**, share their thoughts and memories of Tom Clark.

"Tom was really the father of the Device Assembly Facility. Despite a lot of hesitancy by headquarters, he stuck to it and realized the importance of increased safety and improved security at DAF. Without his efforts, the DAF would not have been built."

"Tom brought an extra dimension of understanding to the Department of Energy and Department of Defense requirements, concerns, and priorities as it related to nuclear weapons. When we had problems with the Ledoux shot, I asked Tom to head up a review team. As I expected, he did a great job. He brought an understanding of the issues, was tough, but had the respect of Los Alamos National Laboratory to make it a positive activity."

"I will always remember Tom relaxing with a pipe. He loved to smoke that pipe and it seemed to relax him."

Nick Aquilina, former manager of the Nevada Site Office (1987-1997)

"My memories and recollections of Tom go back many years. I knew him when he was in the division of military application, the weapons part of the Atomic Energy Commission. I worked with him when he was deputy manager of the Albuquerque Operations Office. He was certainly a patriot. I recommended him for the Nevada Operations Office job."

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Profile: Thomas R. Clark

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"I remember the time we both got under the weather at Oak Ridge and debated all night the pros and cons of the weapons program. I remember him starting a sentence, then pausing to light his pipe and by the time he was successfully puffing, neither of us could remember how he started."

"I remember his passion for the Device Assembly Facility (DAF). From his Albuquerque experience of oversight at Pantex, he knew the value of and the need for modern device facilities at the Nevada Test Site with gravel gerties fashioned on the Pantex model. Without his perseverance, in times of great budget debates, the DAF

would have never been funded."

"When I was assistant secretary for defense programs, we automatically added forty-five minutes to the agenda of each budget meeting that involved Tom so that he could make his pitch about DAF. He prevailed and the DAF stands as a monument to his perseverance and his integrity."

"In recent years, although his health was not very good, we talked about history and about museums."

Troy Wade, president of the Nevada Test Site Historical Foundation and chairman of Nevada Alliance for Defense, Energy and Business

News Briefs

TA-18 to relocate to NTS

The Nevada Test Site (NTS) will be the new home to a unique critical experiments facility for performing general-purpose nuclear materials handling and criticality experiments. The National Nuclear Security Administration (NNSA) announced that it will begin moving special nuclear materials from Los Alamos National Laboratory Technical Area 18 (TA-18) to the Device Assembly Facility (DAF) at the Nevada Test Site (NTS).

Beginning in September 2004, NNSA will start shipping all Category I and II special nuclear material to the DAF. This campaign will last approximately 18 months. NNSA will immediately start preparing the DAF to support storage of the nuclear materials while scheduling packaging and transportation resources.

"Relocation of this special nuclear material is a major step in accelerating our efforts to move TA-18 operations to the Nevada Test Site," said NNSA Administrator **Linton**

Brooks. "Getting this material out of TA-18 and to Nevada will assist NNSA in more quickly establishing critical national security missions in Nevada while consolidating special nuclear materials in a new, more secure facility."

Brooks said NNSA is employing a balanced approach to relocating the TA-18 missions and capabilities to the DAF to address security, mission needs, and taxpayer cost. DAF today is used to support the build up of subcritical experiments and also targets for the two-stage gas gun, Joint Actinide Shock Physics Experimental Research (JASPER), that operates at the test site.

The TA-18 facilities are the nation's only facilities capable of performing general-purpose nuclear materials handling and criticality experiments. These experiments provide unique training to a variety of federal agencies, including the U.S. Department of Energy, NNSA, and Nuclear Regulatory Commission personnel in areas such as nuclear materials safety, emergency response in support of counter terrorism activities, and safeguards and arms control in support of programs aimed at controlling excess nuclear materials.

Beyond the call

Contractors receive Awards of Excellence

In a ceremony, contractors to the National Nuclear Security Administration Nevada Site Office (NNSA/NSO) were presented 2002 Defense Programs Awards of Excellence. This prestigious award is presented to contractors who make significant contributions to the Nevada Site Office's nuclear weapons program. The awards recognize employees who made individual contributions or were members of a particular team.

Employees who received 2002 individual awards included:

Bechtel Nevada
Travis Alvey, Ben Anderson, and Toby Anderson.

Employees receiving 2002 team awards were:

Mario/Rocco Timing and Firing Team **Benjamin Anderson, George Corrow, David Lancaster, Larry McKiernan, Christopher Moore, Preecha Sempolkrung, Stephen Trupp, and Hans Valja**

Watusi Experiment Execution Team **Florian Gorecki, Mike Johnson, Harold Kiechler, Robert Kwasney, Samuel McClain and Fred Root**

Unicorn Down Hole Exercise Execution Team **Albert Carroll, John Joines, Hector Montenegro, Donald Oakley, Lee Romeo, Joel Samano, Josh Sargent, Dan Soldini, Cleandrew Threats, Dennis Wai, Roger Wolfley, Thomas Seaver, Daniel Solaegui, Conners Thomas, and Michael Thompson**

Electro-Optics (Fiber Optic) Team **Kizzie Balkus, Barbara Begley, Paul Breeding, Bill Egan, Mandy Hutchins, Scott Myers, Richard Schiltz, Wayne Toone, and Joshua Wiklund**

High Energy (HE) Diagnostics **Cecil Douglass, Vigil Fabian, Heather Leffler, Amy Lewis, Frank Martinez, Trenton Otteson, Larry Prikl, and Robert Pritchett**

Device Assembly Facility (DAF) Glovebox Completion Team **John Blanco, Joseph Calovini, Chris Evans, Robert Hill, Alex Jackovich, Gerry LaRoy, Felder McLaurin, Ron Norton, John Pennington, Roy White, and Perry Wilson**

Rocco/Mario Multi-Point VISAR Experiment Support **Paul Breeding, Gene Capelle, Marlon Crain, Sheri Dance, Brent Frogget, Cenobio Gallegos, Kenneth Peterson, Jeremy Potthoff, Vincent Romero, and William Trammell**

Stallion Series Optical Pyrometer Support **Steven Becker, Scott Borrer, Robert Corrow, Jeffrey Crystal, Richard Hacking, C. Vance Mitton, and Lawrence Woo**

ICE Hazardous Materials Containment and Preheated Sample Team **D. James Daniel Jr., Charles Dickerson, Darryl Droemer, Paul Flores, Matthew Gurule, Christopher Jeffs, Michael Madlener, Elizabeth Rodella, Jerry Taylor, and Aric Tibbitts**

Mario/Rocco Subcritical Experimental Team **Chris Adams (LANL), William Adams (BN), Timoteio Aguilar (BN), Ephraim Allred (BN), Keith Alrick (LANL), Ken Alvey (BN), Travis Alvey (BN), Ben Anderson (BN), Boyd Anderson (BN), Toby Anderson (BN), McIlwaine Archer (LANL), Fino Armijo (LANL), Larry Arnold (BN), Bruce Ayer (BN), Barry Bailey (LANL), Fred Baker (LANL), Deborah Balch (BN), Kizzie Balkus (BN), Dennis Barker (BN), Jake Bartos (LANL), Brian Bartram (LANL), Steve Becker (BN), Barbara Begley (BN), James Bell (BN), Tom Bregstresser (LANL), Richard Bingham (LANL), Ron Boat (LANL), Drew Bodin (LANL), Scott Borrer (BN), Don Bourcier (LANL), Paul Boyce (LANL), Gary Boyd (BN), Luticia Branch (BN), Chris Bradley (LANL), Kathleen Breeding (BN), Paul Breeding (BN), Randall Bridges (BN), Raul Brunner (LANL), John Budzinski (LANL), Timothy Buer (BN), Mike Burke (LANL), Jackie Bustamante (LANL), William Buttler (LANL), Bob Caccavale (BN), Dale Cain (LANL), Bernie Cameron (LANL), Ian Campbell (LANL), Timothy Campbell (BN), Gene Capelle (BN), Michael Carlisle (BN), Bill Carpenter (LANL), Jule Carpenter (LANL), Walter Cassetty (BN), Francisco Chavez (BN), Natasha Checkovich (BN), Aaron Chernov (BN), David Clark (LANL), Monty Cole (BN), Bob Corrow (BN), George Corrow (BN), Charles Costa (LANL), Bill Coulter (LANL), Terry Cowley (BN), Dale Crain (BN), Jeffrey Crystal (BN), Frank Cverna (LANL), Sheri Dance (BN), James Daniel (BN), Jerry Daniels (BN), Brent Davis (BN), Jeffrey Dean (BN), Abe de la Rosa (LANL), Wayne DeMill (LANL), Bob Deupree (LANL), Doug Devore (BN), Cherie Dinkfeld (BN), James Dinkfeld (BN), D. Allen Dishion (BN), Don Dishion (BN), Terri Dishion (BN), Christopher Dollman (BN), Sharon Dominguez (LANL), John Donaldson (BN), Cecil Douglass (BN), Edward**

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Key to Acronyms		Administration	
The following acronyms appear frequently in <i>SiteLines</i> :		NSO	Nevada Site Office
		NTS	Nevada Test Site
BN	Bechtel Nevada	RSL-A	Remote Sensing Laboratory - Andrews
ES&H	Environment, Safety, and Health	RSL-N	Remote Sensing Laboratory - Nellis
JASPER	Joint Actinide Shock Physics Experimental Research (gas gun)	SC	Service Center
LANL	Los Alamos National Laboratory	SNL	Sandia National Laboratories
LLNL	Lawrence Livermore National Laboratory	STL	Special Technologies Laboratory
NNSA	National Nuclear Security	WSI-NV	Wackenhut Services Incorporated - Nevada

OPSEC secures second place award

The NNSA Nevada Site Office, including its contractors, garnered a second place award in the National Operations Security (OPSEC) Organizational Award competition. The site office competed against 24 organizations from various agencies throughout the U.S. government.

"The competition, I am told, was very close between the first place organization and us," commented **Wayne Morris**, NNSA/NSO OPSEC manager. "I am very proud of the fact that others in the national OPSEC community believe we have a strong OPSEC culture within NNSA/NSO," said Morris.

"I want to thank all OPSEC coordinators and representatives, employees, and management who provided the necessary support to implement an effective OPSEC program," said Morris. "This year, the interagency OPSEC support staff received the largest number of award nominations in the history of the awards competition. We can be proud that we will be recognized. Again, thanks for all your efforts on making your OPSEC program one that is modeled by other organizations," said Morris.

The official award will be presented at the National OPSEC Conference award luncheon to be held in Baltimore in June.

Patton captures local championship

Congratulations to **Tonja Patton** senior information technology support staff, Bechtel Nevada computer security, who took first place in the Division C Toastmasters International Tall Tales Contest.

Tonja captured first place with a clever fantasy about "Sam and SPAM." She competed for the Toastmasters International District 33 championship on Sunday, May 2 in Modesto, California and received an honorable mention award. Tonja was sponsored by the National Nuclear Security Administration Nevada Site Office Energizers Toastmasters Club.

Toastmasters International is a nonprofit organization established on October 22, 1924, in Santa Ana, California, by Dr. Ralph C. Smedley, who conceived and developed the idea of helping others to speak more effectively. Today, Toastmasters clubs are in 80 countries around the world.



photo by Jennifer Morton

Tonja Patton delivers her speech to her fellow Toastmasters.

This feature highlights various components of the Six Sigma process at the National Nuclear Security Administration Nevada Site Office complex. A monthly article will detail the Six Sigma process, individual Process Improvement Projects (PIPs), the team members associated with Six Sigma, or the anticipated benefits and cost savings associated with implementing the PIPs.

Maintenance in the U1a complex

by *Ralph Musick*

There are hundreds of annual systems and equipment maintenance functions performed by Bechtel Nevada's construction department at the Nevada Test Site's U1a complex. From small equipment to hoisting systems to power systems, everything must be maintained for safe and efficient operations and to minimize the chance of failures.

Previous U1a maintenance work orders processes and record keeping methods were old, outdated, and inefficient. The process improvement project team set out to recommend a better, more efficient record keeping and work order process, as well as develop a sound technical basis for the scope and frequency for each preventive maintenance (PM) function.

The team recommended a new user-friendly software system that generates work orders and maintenance reports in several simplified formats using about half the labor required by the existing system. Each PM function was evaluated on a technical basis for scope and frequency by reviewing manufacturers' recommendations and past histories of problems and failures. The new scope of PM functions was estimated and the resulting estimates included on each work order. After performing the defined scopes, the process was further refined with actual durations and costs.

For the past two years, U1a maintenance efforts have a savings of more than \$500,000 due to the reduction in frequency and improved scope description. The improvements have taken place without safety incidents or loss of efficiency at the facility.



photo provided by Ralph Musick

A process improvement project team, (from left) **Paul Lipkowitz**, **Ray Nichols**, **Gabby Schultz**, and **Ralph Musick** (co-champion), used Six Sigma tools to save more than \$500,000 in two years to improve system and equipment preventive maintenance processes at the U1a complex. Not pictured were team members **Lew Gordon** (black belt) and **Cathi Tharin** (co-champion).

Company seeks new technologies

Technology Ventures Corporation (TVC), a nonprofit organization, seeks out technologies developed at the National Nuclear Security Administration, the national laboratories, regional research universities, and entrepreneurs from the private sector for commercialization.

Founded in 1993 by Lockheed Martin, TVC operates on a no-fee basis to provide a bridge between technology and investors. In Nevada, the company maintains a working relationship with Bechtel Nevada, the Nevada university system, and economic development and civic organizations throughout the state. Its fundamental mission is to seek out technology for commercialization and ultimately create jobs in Nevada.

"While the mission of the Nevada Test Site is not primary research, there are, nevertheless, technologies being developed that we are eager to help get to commercialization," said Randy Innis, director, Technology Ventures Corporation's Nevada office.

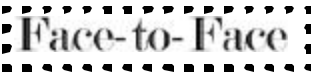
A team of TVC project managers with a wide diversity of experience with inventors and entrepreneurs provide guidance through the commercialization process. To date, TVC's services have resulted in 57 business formations, 6,300 high technology jobs, and more than \$400 million in funding.


Besides mentoring inventors and entrepreneurs, TVC in partnership with NNSA offers an array of other services:

- Center for Commercialization and Entrepreneurial Training - A six part series of seminars focusing upon entrepreneurial development. The seminars acquaint the entrepreneur with skills needed to produce a business plan that will be credible to investors. The series covers corporate organization, market research, financial matters, and plan preparation and presentation. The seminars are conducted on the second Friday of each month from 8:00 a.m. to noon at the Las Vegas National Golf Club, 1911 East Desert Inn Road, Las Vegas, Nevada.

- www.nvtechjobs.org - A free job website that links NNSA sites and technology-based companies seeking qualified personnel with skilled individuals looking for employment.
- TechComm - The National Journal of Technology Commercialization, a bimonthly magazine published by TVC, contains articles directed at entrepreneurs, investors, and the NNSA family employees.

For additional information about TVC's services, contact **Randy Innis**, director of Nevada operations (**702-948-4222**) or via e-mail (**randy.a.innis@lmco.com**). Employees with questions on intellectual property or technology transfer, contact **Cheryl Miller**, Bechtel Nevada manager of execution support (**702-295-2978**).





Name: David Sesma

Company: NNSA Nevada Site Office

Job Title: Security Specialist

Hometown: Cedar Falls, Iowa

Hobbies/
Interests: Softball, basketball, football, and hiking

Detective work at your fingertips

by B.J. Willeford Jr.

Detective work is getting help from technology developed at Bechtel Nevada. Researchers **John Di Benedetto**, **Kevin Kyle**, **Terry Boan** (a former Bechtel Nevada employee), and **Charlene Marie**, Department of Justice, Bureau of Forensic Services, created an improved method of using fluorescein dye to visualize fingerprints or other fine details in dried blood. In March 2004, their work was awarded an official patent.

"This method offers a number of advantages, including portability, ease of use in the field and improved ability to visualize on dark surfaces," explained John Di Benedetto. "In addition, the fluorescein dye (a non-toxic, yellow dye that glows in light) replaces caustic, hard-to-use solutions," said Di Benedetto.

Bechtel Nevada is currently looking for industry partners to develop the method into a kit for mass marketing to end users, such as forensic laboratories, including law enforcement agencies.

For additional information on intellectual property, contact **B.J. Willeford Jr.**, Bechtel Nevada intellectual specialist (702-295-0256).



photo provided by Ann Thurman

Mike Martinez (far left), site manager at Bechtel Nevada's Special Technologies Laboratory, presents a letter of recognition, a copy of the patent, and an award check to **John Di Benedetto** (center) and **Kevin Kyle** (right). The official patent or "Ribbon Copy" 6,692,967 "Method and Composition for Detecting Bloodstains Using Fluorescein-Fluorescein Reaction" was filed in June 2001 and received at Bechtel Nevada in March 2004.

Information at a touch



photo by Kurt Arnold

Andrew Zager, Team CSNI employee, demonstrates the functions of a new information kiosk located in the Nevada Support Facility (NSF) lobby. Visitors touch the screen to input an NSF employee's last name to receive their telephone number or find the exact location of a conference room within the facility. Future plans for the information kiosk include a virtual tour of the Nevada Test Site (NTS), an update on NTS programs and activities, cafeteria menus, and a listing of upcoming events.

FRMAC goes to California

by La Tomya Glass

In March, a caravan of 20 vehicles carrying 14,915 pounds of equipment and a team of National Nuclear Security Administration (NNSA) and Bechtel Nevada employees traveled a total of 9,520 miles to Southern California to participate in the Operation Synergy exercise.

The three-day exercise scenario included terrorists detonating a radiation device containing strontium and cesium near a park surrounded by neighborhoods, schools, and businesses. The state of California, Orange County, and Los Angeles County officials were left with issues concerning evacuation, sheltering-in-place, and what to do with food and agriculture supplies.

Local officials called upon NNSA to deploy the Federal Radiological Monitoring and Assessment Center (FRMAC) to assist with field monitoring activities and a helicopter from the Remote Sensing Laboratory - Nellis' Aerial Measuring System to survey ground contamination at low altitudes.

Approximately 60 nuclear/radiation emergency consequence management responders from federal, contractor, and national laboratories took action establishing the FRMAC command center in the gymnasium at the Los Alamos Joint Forces Training Base. Once activated, field monitoring teams from the FRMAC and state worked together to collect water and soil samples. This information was analyzed and then passed on to local emergency officials.

According to **Don Daigler**, Nevada Site Office FRMAC director, "The biggest value of an exercise of this type is for emergency responders at all levels to interact with one another."

"We find that many communities do not know what assets and capabilities we have to offer. These outreach efforts help us to build relationships and let local and state governments know how we can be there to assist them," Daigler said.

Face-to-Face



Name: Maria Santillanes
 Employer: Bechtel Nevada
 Title: Laborer
 Hometown: Albuquerque, New Mexico
 Hobbies/
 Interests: Art, cooking, needlepoint, cross-stitching, sewing, spending time with grandchildren, traveling

Free range birds

Three-escaped emus from James Quirk's ranch in Amargosa Valley, Nevada, wandered onto the nearby Nevada Test Site. Wackenhut Services Inc. - Nevada security officers spotted one renegade emu and tracked it until the owner was notified and arrived to capture it. The other two escapees remain at large.

Emus are a swift-running flightless bird from Australia. They are the second largest birds in the world, second only to their relative, the ostrich.



photo by Darrell McPherson

In the Next Issue of SiteLines ...

- Armando captures good data
- Christmas comes early
- Sun Safety

Partnering for Education



Nevada Reading Week

by La Tomya Glass

"I can read in red.
I can read in blue.
I can read in pickle color too.
I can read with my eyes shut."

I Can Read With My Eyes Shut by Dr. Seuss

Armed with their favorite books and their love of reading, Bechtel Nevada employees read to students at Kit Carson Elementary School during Nevada Reading Week. Nevada Reading Week took place the first week in March to coincide with the celebration of Dr. Seuss's 100th birthday.

Bechtel Nevada employees volunteered to be readers through Clark County School District's Focus School program, designed to promote reading and literacy within the local education community. Kit Carson Elementary and Jim Bridger Junior High Schools are Bechtel Nevada's Focus School partners.

Bechtel Nevada readers included: **Kurt Arnold, Tiffany Emmitt, Todd Emmitt, Cindy Heller, Mike Izard, Robert McCook, Tonja Patton and John Williams.**



photo by Jennifer Morton

Robert McCook reads to students at Kit Carson Elementary School.

Contractors receive Awards of Excellence

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Duran (BN), Stanley Durrett (BN), Charles Eaton (BN), William Egan (BN), Brian Emkeit (LANL), Dave Esquibel (BN), Joey Falquez (BN), Nat Farnham (LANL), Steve Fellows (LANL), Mark Fiscus (BN), Dawn Flicker (LANL), Paul Flores (BN), John Flower (LANL), James Foley (BN), Kim Foster (BN), Brent Froggett (BN), Doug Fulton (LANL) Mike Furnish (LANL) Mark Fyffe (BN), Cenobio Gallegos (BN), Ernesto Gallegos (LANL), Felix Garcia (LANL), Jose Garcia (LANL), Gilbert Garduno (LANL), Irene Garza (BN), Jim Gating (LANL), Larry Gibbons (LANL), Brian Gomez (BN), Martin Gonska (BN), Andres Gonzales (LANL), Wilbert Gonzales (BN), James Grattan (BN), Stephen Gravener (BN), Tom Graves (BN), Ira Green (BN), Mick Greenbank (LANL), Vince Griego (LANL), Melissa Griffith (BN), Richard Hacking (BN), Karl Hahn (LANL), George Hamrick (BN), Bernard Hawkins (BN), Ward Hawkins (LANL), William Hay (BN), Robert Hazy (BN), John Heck (BN), Will Hensing (LANL), Dick Henderson (LANL), Roger Henry (BN), Charles Herrington (BN), Michael Hertich (BN), Marijo Higginbotham (BN), Russell Hintz (BN), Rob Hixson (LANL), Thomas Holcomb (BN), Kendall Hollis (LANL), Dave Holtkamp (LANL), Clyde Hooper (BN), Scott Hopper (BN), Russell Howe (BN), Albert Hsu (LANL), Mandy Hutchins (BN), Larry Hunt (BN), Lois Jaramillo (LANL), Harry Jenkins (LANL), Scott Jenkins (BN), Kenneth Jensen (BN), Lyle Jensen (BN), Billy Johnson (BN), Douglas Johnson (BN), Howard Johnson (BN), Lester Johnson (BN), Mike Johnson (BN), Michael Jones (BN), Robert Jones (LANL), Bradley Joseph (BN), James Kei (BN), Judy Kilberg (LANL), Dan King (LANL), Kevin Kinter (LANL), John Kiser (BN), Bill Kluesner (LANL), Raymond Koschene (BN), Craig Kruschwitz (BN), Mark Kunish (BN), Tom Kunkle (LANL) Keith Lacy (LANL), Bruce Lahman (BN), Dave Lancaster (BN), Chris Larribas (LANL), George Larry (BN), Monty Larsen (BN), Morgan Lavelle (LANL), Giles Leach (BN), Dave Ledbetter (LANL), Heather Leffler

(BN), Amy Lewis (BN), Cheri Lewis (LANL), Jeff Lewis (LANL), Denise Liechty (LANL), Cheng-Huei Lin (BN), David Lipkowitz (BN), Paul Lipkowitz (BN), Al Lopez (LANL), Dennis Lujan (LANL), James Lujan (BN), Duncan Macrae (BN), Ronald Madrugea (BN), Jerome Marafioti (BN), Bob Margevicius (LANL), Mike Marquez (LANL), Ed Marsh (BN), David Marshall (BN), Jeanne Martin (BN), Frank Martinez (BN), Kurt Martinez (BN), Norris Martinez (LANL), Drew Martinson (BN), Tommy Mason (BN), Charles May (BN), Kenneth McCoy (BN), James McDaniel (BN), Ruben McDaniel (BN), Glen McDuff (LANL), Steven McGinty (BN), Larry McKiernan (BN), Paul McKinney (BN), Gregory Merrill (BN), Mike Mikulis (BN), Bob Miller (LANL), Jared Miller (BN), Vance Mitton (BN), Greg Mize (BN), Chris Moore (BN), George Morgan (LANL), Thomas Morrissey (BN), David Mower (BN), Naomi Munyan (BN), Kelly Murphy (BN), Scott Myers (BN), Daniel Naranjo (LANL), Matthew Naranjo (LANL), George Neal (LANL), Mel Neilson (BN), Christine Nelson (LANL), Roberta Nelson (BN), Ross Oblad (LANL), Mike O'Connor (BN), Patrick O'Gara (BN), Jon Oien (LANL), Cliff Oliver (LANL), Jose Ortega (LANL), Roger Osantowski (LANL), Mike Osborn (LANL), Charles Osen (BN), Leve Otero (LANL), Trenton Otteson (BN), Lyn Owen (LANL), Martin Palagi (BN), Ghazar Papazian (LANL), Karen Pao (LANL), Stella Pappas (BN), Timothy Parson (BN), Kent Parsons (LANL), Michael Pelan (BN), Juan Pena (BN), Donald Perry (BN), Maria Peters (LANL), Ken Peterson (BN), John Philippus (BN), Paul Pickard (BN), Larry Pirkd (BN), Steven Plumb (BN), Jeremy Potthoff (BN), Bob Pritchett (BN), Charles Radovich (LANL), Mark Rainbolt (LANL), Wendy Rajm (LANL), Blaine Randolph (LANL), John Rees (BN), Robert Rendon (LANL), Steve Renfro (LANL), Nancy Ricca (BN), Craig Rich (LANL), Joe Riedel (LANL), Johney Robinson (BN), Elizabeth Rodella (BN), Roland Rodriguez (LANL), Michael Rogers (BN), Vince Romero (BN), Donald Rosenberry (BN), David Ross (LANL), Pricilla Royer (BN), Michael Ruggiero (BN), Jim Rubin (LANL), Anna Ruth (BN), Pedro Salazar (LANL), Jesus Saldana (BN), Gilbert

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Compiled by Debi Foster

Face-to-Face



Name: Rosemary Rehfeldt
Company: Stoller-Navarro Joint Venture
Title: Communications Specialist
Hometown: Brooklyn, New York
Hobbies/
Interests: Yoga, hiking, camping, interior design, and traveling

Face-to-Face



Name: Terry Taylor
Employer: Wackenhut Services Inc., - Nevada
Title: Manager, Alarm Technicians
Hometown: Wichita, Kansas
Hobbies/
Interests: Woodworking, golf, and reading



Let's get physical

by La Tomya Glass

This month's Health Jeopardy answer: Heart disease, high-blood pressure, and high cholesterol.

Question: What can be controlled by a healthy diet and exercise?

Karen Sondrol-Maxwell, Bechtel Nevada occupational health nurse, noted, "Most Americans probably know that regular exercise makes you feel better and can reduce stress, yet most people probably haven't done much about it."

"Many people are aware that exercise is a key factor in staying healthy, but are unsure of how to start an exercise program and the type of exercise appropriate for them," said Sondrol-Maxwell.

So, where do you start?

- Check with your doctor - It is always a good idea to check in with your physician before beginning a new fitness program. This is particularly true if you are over the age of 40, if you smoke, or if you have a family history of cardiovascular disease, high blood pressure, elevated cholesterol, diabetes, arthritis, or asthma.
- Have fun - Choose an activity you like or want to do. You are much more likely to stick with it. If you find your first choice does not suit you, switch to something else.
- Start slowly and progress gradually - You will avoid becoming discouraged and reduce the risk of injury.
- Set goals - Maybe you want to lose a little weight, get in shape for a particular sport you enjoy, or reduce arthritis pain and increase joint mobility.
- Keep track - You may not notice that you are walking further in the same amount of time or that you are not as winded climbing the stairs. Keeping track helps you evaluate your progress and gives you a sense of accomplishment.
- Reward yourself - When you reach a goal, buy yourself a new T-shirt or tennis racket.
- Find a partner - It is more fun to share and you will keep each other on track.
- Have a Plan B - If it is raining, walk around an indoor mall or exercise with a video.

- Include variety - You are less likely to become bored if you cross train. Include the three basic forms of exercise in your fitness program: aerobics, strength training, and stretching. If you prefer, alternate your activities, basketball one day, yoga another, and stacking wood on the third.
- Stick with it - You have to exercise regularly for your fitness to improve. Thirty minutes a day is all that is required to see improvement and you will enjoy the same benefits if you find it easier to fit two 15 minute or three 10 minute sessions into your day.

Remember to start any exercises slowly and progress gradually. Try for 30 minutes of low or moderate physical activity on most days of the week. If you feel you are ready to progress, gradually increase either the time you spend or the intensity of your effort by about 10 percent per week. It will not take long before you are feeling healthier and happier.

If joining a gym is more your speed, 24-Hour Fitness offers low-cost enrollment fees and monthly dues. For more information about 24-Hour Fitness memberships, contact **Denise Saparili** at 702-295-6226.

If you have any questions regarding diet and exercise, contact **Sharon Mulhall** at 702-295-4736 or **Karen Sondrol-Maxwell** at 702-295-1474.

The following web sites offer tips on fitness:

- www.mayoclinic.com
- www.inetspot.com/pilbod.htm
- <http://health.yahoo.com/health/centers/fitness/3.html>

A question you should ask yourself is "How active do I want to be?" Listed below are exercise intensities:

Low to Moderate - an intensity that can be maintained with relative comfort for a long period of time (about 60 minutes). This type of exercise begins slowly and progresses gradually.

Vigorous - this is an intensity that is high enough to significantly raise your heart and breathing rates. It is usually performed for 20 minutes before fatigue sets in.

Types of Exercise:

- Aerobic - this type of exercise improves your heart, lungs and circulatory system. It increases your breathing, heart rate, stamina and endurance.
- Strength training - this type of exercise builds stronger muscles which stabilizes and protects your joints. This makes daily activities easier.
- Balance exercises - this helps prevent falls (especially in older adults) and helps you to maintain stability in daily activities and exercise. To do this, practice standing on one leg.
- Stretching exercises - increases flexibility, which helps prevent joint pain and injury.

Travel tips

by Mitzi Sears and Kirsten Kellogg

Spring is finally here! In addition to the cleaning that most people do this time of the year, many people are planning vacations. Before you leave on your next trip, consider following some of the tips listed below to prepare your home. They may help save you money as well as ward off intruders.

- Turn off the water heater or put it on "vacation" setting. This will save money and energy because the water in your water heater cools down, the heater goes to work.
- Ask a neighbor to collect your mail and newspapers each day or ask the post office and newspaper to hold your deliveries until you return.
- Keep your house full of light and sound. Timers can be purchased at many stores that turn lamps on and off at set times, giving the appearance that someone is home. You may want to put a timer on a radio or leave the radio on for the duration of your trip.
- Find someone to mow your yard and keep it looking good.
- Store your most valuable assets in a safety deposit box at the bank.
- Give contact information to neighbors and family members so you can be reached in case of an emergency.
- Call your local police and let them know you are going out of town. They may be able to provide additional security by visiting your neighborhood on a regular basis.
- Arrange for someone to feed and care for your pets. Pet owners may want to skip the kennel and leave man's best friend at home; canines

work wonders in warding off burglars.

- Check all doors and windows to make sure they operate properly. Close and lock each before leaving. If your residence has a home security system, use it and keep the sign or sticker provided by the security company posted.

Have a safe trip!

Retirements

- Anthony Christian** - Bechtel Nevada
- Robert Goble** - Bechtel Nevada
- Raymond Henderson** - Bechtel Nevada
- Charles Herrington** - Bechtel Nevada
- Gary Lehmann** - Bechtel Nevada
- Charles Madsen** - Bechtel Nevada
- David Marks** - NNSA/SC
- Larry McKiernan** - Bechtel Nevada
- Joseph Mulhall** - Bechtel Nevada
- John Pennington Sr.** - Bechtel Nevada
- Roger Schroeder** - Bechtel Nevada
- Richard Vorheis** - Bechtel Nevada

In Memory

- P.A. Hawkins** - former contractor employee
- Robert Holton** - former contractor employee

Lessons Learned

Get to know your Lessons Learned team

by Doris Burnett

Do you need some help with capturing good work practices and communicating warnings, cautions, and information that could assist your organization with planning for upcoming work projects or events?

Most organizations performing work for the National Nuclear Security Administration Nevada Site Office (NNSA/NSO) have a lessons learned coordinator who disseminates lessons learned received from external sites and prepares lessons learned from events occurring in their work place. The team leader is **Theresa**

Beall from NNSA/NSO. Her NNSA/NSO team members and advisors are **Nolan Bailey, DeAnn Divers, Mitch Kunich, Steve Mellington, John Sanchez, and Sadie Wowianko.**

Contractor and laboratory representatives are **Doris Burnett** (Bechtel Nevada), **Becky Jeffries** (Lawrence Livermore National Laboratory), **David Klamann** (Wackenhut Services Inc. - Nevada), **Tiffany Lantow** (Defense Threat Reduction Agency), **Kelly Quintana** (Sandia National Laboratories), **Alice Shillock** (Los Alamos National Laboratory), and **Jeanne Wightman** (Stoller Navarro).

If you need assistance with the Lessons Learned program, contact a team member assigned to your organization or contact **Doris Burnett**, site lessons learned coordinator (702-295-5580).



Bechtel Nevada

- 40 years Las Vegas - Gary Rocha
- 35 years Nevada Test Site - Phillip Pinter, Gloria Smith
- 30 years Las Vegas - James Kei, James Mudd
- 25 years Las Vegas - Brenda Carter, Martha De Marre, James Norton; Nevada Test Site - Cirilo Gonzales, William Nicholas Jr.; Special Technologies Laboratory - Frans Janson
- 20 years Las Vegas - Joseph Dumas, Anselmo Garza, Adolfo Guzman, Ronald Norton, Larry Reynolds, Edward Walport, Vincent Wolfe; Nevada Test Site - Barry Hale, William Huth, Joe Smith Jr.; Special Technologies Laboratory - Stephen Lutz; Remote Sensing Laboratory-Andrews Operations - Clarence Roberts III
- 15 years Las Vegas - Ronald Aardal, Rhonda Mackie, Richard Morton, Loretta Primm, Julie Sorola; Nevada Test Site - Michael Kelley, Marshall Laub, Esther Mamon; Special Technologies Laboratory - William Boggess; Los Alamos Operations - Rosmarie Frederickson; Livermore Operations - Craig Brooksby
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- 5 years Las Vegas - John Aadland, Irene Garza, Carolyn Meixsell, Daniel Peterson, Martha Szramek; Nevada Test Site - Benjamin Anderson, William Hay, Toma Sapini, Wendy Shumate, Christopher Swiger, Charles Wood; Los Alamos Operations - Michael Madlener, Dane Morgan; Special Technologies Laboratory - Gerald Stevens
- New Hires Las Vegas - Joseph Bigley, Janis Bornemeier, Robert Chapados, Keiona Corbin, Robert Eason II, Myra Fukuno, Mary Gilmartin, Thomas Gilmartin, June Girolamo, Michelle Hawkins, Kyle Holmes, Scott Hosey, Joann Jackson-Bass, Steven Jaramillo, Kathryn Kimberlain, Sandra Lamb, Yim Liu-Bacon, Timothy McEvoy, Michelle Palizzi, Joel Parks, Douglas Phillipson, Gina Picciano, Thomas Ryan, David Sams, Ada Spendlove, Martin Transue, Christopher Weaver, Gena Wiggins; Nevada Test Site - Robert Berglin, Keith Chase, Joi Dunlap, Diana Edwards, Janet Fox, Michael Gilmartin, Rodger Hale, Kathleen Harvey, James Hawkins, Paul Hudson, Robert Kluever, Francis Lemieux, Richard Mickey, Sean McLane, Richard Moore Sr., Troy Pate Jr., Theresa Pecor, Daniel Schmitt, Rodney Simonsen, Jerri Shoff, Philip Stephens, Alissa Tibesar, David Tudor, Billy Vo, Tammy Wallace, Lyle Warren, James Wu; Special Technologies Laboratory - Arturo Alvarez, Diegas Zavala; Livermore Operations - John Grinold; Los Alamos Operations - ; Remote Sensing Laboratory-Andrews Operations - Joselito Baisa, Maria Barreros, Lars Caspersen, Toni Gale, Jean Phoenix, Lazora Williams-Brown

National Nuclear Security Administration - Nevada Site Office

- 30 years Terry Wallace
- 25 years Donald Boyce, Paul Niemann
- 15 years Lisa Mueller, John Sanchez

Lawrence Livermore National Laboratory

- 20 years Gerald Hawe, Rebecca Jeffries

Los Alamos National Laboratory

- 20 years James Hollins
- 15 years Karl Hahn
- 10 years Christine Nelson

Sandia National Laboratory

- 35 years Jerry Chael
- 20 years Dan Bozman

Desert Research Institute

- 20 years Scott Tyler
- 15 years Dale Johnson, David Rhode

Environmental Protection Agency/R&IE

- 40 years Donald James
- 20 years Rose Houston, Christopher Fontana
- 15 years James Benetti, Carl Palumbo

Air Resources Laboratory/SORD

- 5 years Walter Schalk

Ruchman and Associates, Incorporated

- 5 years Rudy Lucero

US Geological Survey, WRD

- 15 years Rod Munson

Team CNSI

- 5 years Leopold Green, Russell Louviero

Wackenhut Services Incorporated - Nevada

- 20 years Las Vegas - S. Brown, Charles Sattler; Nevada Test Site - David Duff, Raymond Gamble Jr., Marvin Morris, Angelo Smith
- 15 years Las Vegas - Jodi Navarrette; Nevada Test Site - Craig Soucy
- 5 years Las Vegas - Adrienne Anderton

-Compiled by Tamiko Brown

CALENDAR OF EVENTS

June 22

NTS Public Tour, open to interested members of the public. CP-1, Sedan Crater, Frenchman Flat, HAZMAT Spill Center, Bilby Crater, Area 5 Low-level Radioactive Waste Management Site, Apple II houses. Contact **Brenda Carter, BN (702-295-0944)**.

June 22

The Nevada Section of Association for Advancement of Cost Engineering International (AAACEi) meeting. Meeting begins at 6:00 p.m. Clark County Government Center, 500 Grand Central Parkway, Las Vegas, Nevada. For additional information, contact **Robert May, BN (702-295-2087)**. To register for this meeting, contact **Ken Elder (702-794-1356)**.

July 5

NNSA/NSO and contractor offices closed in observance of Fourth of July.

September 28

NTS Public Tour, open to interested members of the public. CP-1, Sedan Crater, Frenchman Flat, HAZMAT Spill Center, Bilby Crater, Area 5 Low-level Radioactive Waste Management Site, Apple II houses. Contact **Brenda Carter, BN (702-295-0944)**.

October 20

NTS Public Tour, open to interested members of the public. CP-1, Sedan Crater, Frenchman Flat, HAZMAT Spill Center, Bilby Crater, Area 5 Low-level Radioactive Waste Management Site, Apple II houses. Contact **Brenda Carter, BN (702-295-0944)**.

November 23

NTS Public Tour, open to interested members of the public. CP-1, Sedan Crater, Frenchman Flat, HAZMAT Spill Center, 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

June 7-10

The American Society of Safety Engineers' Safety 2004 Exposition. Las Vegas Hilton, Las Vegas, Nevada. For additional information, visit www.asse.org/annual_conf_frameset.html.

July 6-9

5* Annual Small Business Conference. Philadelphia, Pennsylvania. For additional information, contact **Margaret Cerno, NNSA Service Center (505-845-6182)**.

October 20-23

2004 Civil Engineering Conference and Exposition. Baltimore Convention Center, Baltimore, Maryland. For additional information, visit www.asce.org/conferences/annual04/

May is:
Asian Pacific American Heritage
Month and Get Caught Reading
Month



June is:
National Safety Month



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