INTERACTION POINT

March 4, 2005

Back to SLAC Homepage

Back to TIP Homepage

In this issue:

ES&H Safety Tip: Safe Running

The American Academy of Orthopedic Surgeons recommends the following tips for safe running ...

See whole story...

2005 International Linear Collider Workshop Comes to Stanford

The 2005 International Linear Collider Workshop (LCWS05) will be held at Stanford University from March 18 to 22.

This workshop is hosted by SLAC and sponsored by the World Wide Study for future e+e- Linear Colliders. It will be the eighth in a series of International Workshops devoted to the physics and detectors associated with e+e- Linear Colliders.

See whole story...

SPEAR3 'Breathes' in Response to Temperature Changes

By Matthew Early Wright

As the sun rises each day, warming the grounds and buildings of SLAC, the entire SPEAR3 facility expands in response. The change is minuscule, on the scale of a few microns—far too slight to observe with the naked eye. This expansion doesn't escape the watchful gaze of the SPEAR3 feedback regulation system. In fact, the system responds by 'breathing' in time with daily fluctuations in temperature.

See whole story...

Help SLAC Stage a Great Stanford Community Day

By Nina Stolar

Windows XP Service Pack 2 to be Installed on All Centrally-

The fourth annual Stanford Community Day will be held Sunday, April 10. Bring your family and friends to enjoy an all-day open house on the Stanford Campus featuring music, arts, athletic events, science exhibits, a childrens' community carnival and a health fair. Most events are located near or around the university's main quadrangle at the end of Palm Drive.

Community Day is designed to promote partnerships and increase understanding among Stanford and its neighbors, especially the residents of Palo Alto, Menlo Park, East Palo Alto, Woodside, Mountain View and Portola Valley.

See whole story...

Managed Windows Computers

By Andrea Chan

Windows XP Service Pack 2 (SP2) will be installed on all centrally-managed Windows computers within the next few months. SP2 has several security enhancements that will benefit SLAC Windows machines. Most noticeable to users are the security enhancements to the built-in Windows Firewall and to Internet Explorer. Some users have already installed SP2 on their home computers. In an enterprise environment, however, it is more complicated.

See whole story...

The Stanford Linear Accelerator Center is managed by Stanford University for the US Department of Energy

Last update Wednesday March 02, 2005 by Emily Ball

INTERACTION POINT
March 4, 2005

Back to SLAC Homepage

Back to TIP Homepage

In this issue:

Kavli Construction Begins

The Kavli project began constructing its new facility this week, pouring the footings of the building to be located near the ROB and the Main Gate. For more information on the Kavli Institute for Particle Astrophysics and Cosmology, see: http://www-group.slac.stanford.edu/kipac/building.html

Photo by Katherine Bellevin

INTERACTION POINT
March 4, 2005

Back to SLAC Homepage

Back to TIP Homepage

In this issue:

FRONT PAGE

FEATURES

- Kavli Construction Begins
- 2005 International Linear Collider Workshop Comes to Stanford
- SPEAR3 'Breathes' in Response to Temperature Changes
- Policy for Staff Guided Tours Keeps Security Informed

POLICIES & PROCEDURES

- Windows XP Service Pack 2 to be Installed on All Centrally-Managed Windows Computers
- Important Changes to the SLAC Summer Student Program
- Katherine E. Pope Summer Fellowship Application Due March 11

ANNOUNCEMENTS & UPDATES

- Computer Coordinating

2005 International Linear Collider Workshop Comes to Stanford

The 2005 International Linear Collider Workshop (LCWS05) will be held at Stanford University from March 18 to 22.

This workshop is hosted by SLAC and sponsored by the World Wide Study for future e+e- Linear Colliders. It will be the eighth in a series of International Workshops devoted to the physics and detectors associated with e+e- Linear Colliders.

The workshop will have more than 350 participants from around the world. (Poster by TechPubs)

History has guided us that lepton and hadron accelerators are complementary in the exploration of new physics frontiers. The world High Energy Physics community has reached an accord that an e+e- Linear Collider operating at 0.5 to 1.0 TeV would provide both unique and essential scientific opportunities; and endorsed with highest priority the construction of such a machine. A major milestone towards this goal was reached in August 2004 when the International Committee on Future Accelerators approved a recommendation for the technology of the future International Linear Collider (ILC). An effort is now underway to construct a global design report for the ILC.

LCWS05 will consist of plenary and parallel sessions on the physics and detectors for the ILC. On March 18, sessions will be held at the Sheraton Hotel in Palo Alto. From March 19 to 22, the workshop will be held on campus at the William R. Hewlett Teaching Center.

For more information, see: http://www-conf.slac.stanford.edu/lcws05/default.htm

INTERACTION POINT
March 4, 2005

Back to SLAC Homepage

Back to TIP Homepage

In this issue:

FRONT PAGE

FEATURES

- Kavli Construction Begins
- 2005 International Linear Collider Workshop Comes to Stanford
- SPEAR3 'Breathes' in Response to Temperature Changes
- Policy for Staff Guided Tours Keeps Security Informed

POLICIES & PROCEDURES

- Windows XP Service Pack 2 to be Installed on All Centrally-Managed Windows Computers
- Important Changes to the SLAC Summer Student Program
- Katherine E. Pope Summer Fellowship Application Due March 11

ANNOUNCEMENTS & UPDATES

- Computer Coordinating

SPEAR3 'Breathes' in Response to Temperature Changes

By Matthew Early Wright

As the sun rises each day, warming the grounds and buildings of SLAC, the entire SPEAR3 facility expands in response. The change is minuscule, on the scale of a few microns—far too slight to observe with the naked eye. This expansion doesn't escape the watchful gaze of the SPEAR3 feedback regulation system. In fact, the system responds by 'breathing' in time with daily fluctuations in temperature.

As the infield area and the shielding tunnel of SPEAR3 heat up and expand radially, the lattice of magnets that keeps the beam focused expands with it. Due to the megawatt RF system the beam stays put, becoming slightly displaced in relation to the magnets. In order to stay centered within the magnets, the beam also has to expand in circumference.

SPEAR3 team members in the control room. Shown back row, left to right: Clemens Wermelskirchen, Jeff Corbett, Laurent Nadolski (Soleil Light Source, France), James Safranek, Bob Hettel, Fernando Rafael, Helmut Wiedemann, Harvey Rarback, Greg Portmann. Shown front row, left to right: Nadine Kurita, Stephanie Allison, Piero Pianetta (all SSRL unless otherwise noted). (Photo by Keith Hodgson)

An array of sensitive beam position monitors (BPMs) keeps an eye on the displacement of the beam. As they move outward, they relay information to the feedback system.

"The BPMs signal that the beam is not where it's supposed to be," explained Jeff Corbett (ACP). "The beam circumference is set by radiofrequency, so the feedback system adjusts the radiofrequency to keep the beam centered in the BPMs."

The feedback signal from the BPMs cycles every six seconds. While the sun is rising and SPEAR3 is expanding, the radiofrequency drops by about half a hertz per cycle. Then, as temperatures begin to cool off in the early afternoon, the radiofrequency rises again as the building contracts.

Recent plots of the daily frequency shift confirm the pattern. Corbett expects to see a similar effect in

response to the change in seasons over an annual time scale.

"We suspected this was happening with SPEAR2, but couldn't see it," Corbett said. SPEAR2 experienced more irregular temperature fluctuations than SPEAR3, largely due to gaps in the thick concrete shielding. This made it difficult to discern a pattern in radiofrequency fluctuations.

"The effect is roughly proportional to the circumference of the machine," Corbett explained. With a bigger machine, a bigger shift in frequency is generally observed. The LEP ring at CERN and the APS in Chicago have even been observed to breathe in circumference due to lunar gravitational effects, according to Corbett.

SPEAR3 recently celebrated its first year of operation. "Relative to SPEAR2, it is performing orders of magnitude better in terms of reproducibility, stability and small spot size," Corbett said. "It has run like a champ."

For more information, see:http://www-ssrl.slac.stanford.edu/spear3/

INTERACTION POINT
March 4, 2005

Back to SLAC Homepage

Back to TIP Homepage

In this issue:

FRONT PAGE

FEATURES

- Kavli Construction Begins
- 2005 International Linear Collider Workshop Comes to Stanford
- SPEAR3 'Breathes' in Response to Temperature Changes
- Policy for Staff Guided Tours Keeps Security Informed

POLICIES & PROCEDURES

- Windows XP Service Pack 2 to be Installed on All Centrally-Managed Windows Computers
- Important Changes to the SLAC Summer Student Program
- Katherine E. Pope Summer Fellowship Application Due March 11

ANNOUNCEMENTS & UPDATES

- Computer Coordinating

Policy for Staff Guided Tours Keeps Security Informed

By Emily Ball

A new policy for staff guided tours simplifies the process for giving small personal tours while keeping SLAC Safeguards and Security well-informed. As announced in The Interaction Point (http://www2.slac.stanford.edu/tip/2005/feb04/tour.htm), the policy is brand new, but the procedure is virtually unchanged. Staff members still fill out a SLAC Dosimeter/ID Request Form, but the form has now been updated to collect additional information. Changes include:

Section 1: a commitment from visitor(s) to obey signage and follow direction of staff escort

Section 2: a commitment from the escort to take full responsibility for each visitor's safety, to verify that up-to-date training is sufficient to escort visitor(s), and to list the areas where the visitor(s) will be taken.

The additional information enables staff to continue to take groups smaller than than six people on private tours without getting special permission or prior approval, and provides SLAC Safeguards and Security with enough information to control visitor activity on the site.

"Now when staff members take guests on tours, they fill out the same form as before only they provide us with a little more information," says Rick Yeager, SLAC Security Chief. "The additional information provided gives security officers a chance to manage onsite groups during potential accidents or natural disasters, and puts the responsibility of safety squarely in each staff member's hands."

Kathy Bellevin (COM) fills out the new Dosimeter/ID Request form with Security Officer John Freidrich at the security gate before proceeding with her staff guided tour. The form can be found at:

http://www-group.slac.stanford.edu/esh/forms/dosreq.pdf(*Photo by Katherine Bellevin)*

With this increased commitment to safety from staff members and their visitors, staff guided tours will be easy to offer at the convenience of the guide with safety and security a top priority.

For groups with more than six visitors, go to: http://www-group.slac.stanford.edu/com/tour/tour/default.asp to fill out a Private Tour Request form.

Contact: Mika Stratton, Ext. 3499, mika@slac.stanford.edu

For more information, see: http://www-group.slac.stanford.edu/com/tour/default.htm

INTERACTION POINT
March 4, 2005

Back to SLAC Homepage

Back to TIP Homepage

In this issue:

FRONT PAGE

FEATURES

- Kavli Construction Begins
- 2005 International Linear Collider Workshop Comes to Stanford
- SPEAR3 'Breathes' in Response to Temperature Changes
- Policy for Staff Guided Tours Keeps Security Informed

POLICIES & PROCEDURES

- Windows XP Service Pack 2 to be Installed on All Centrally-Managed Windows Computers
- Important Changes to the SLAC Summer Student Program
- Katherine E. Pope Summer Fellowship Application Due March 11

ANNOUNCEMENTS & UPDATES

- Computer Coordinating

Windows XP Service Pack 2 to be Installed on All Centrally-Managed Windows Computers

By Andrea Chan

Windows XP Service Pack 2 (SP2) will be installed on all centrally-managed Windows computers within the next few months. SP2 has several security enhancements that will benefit SLAC Windows machines. Most noticeable to users are the security enhancements to the built-in Windows Firewall and to Internet Explorer. Some users have already installed SP2 on their home computers. In an enterprise environment, however, it is more complicated.

The strategy is to deploy SP2 to centrally-managed Windows computers with the built-in Windows Firewall configured to protect the computer as much as possible, while allowing central management (e.g., for scans, automatic patching and software upgrades) and allowing users flexibility in adjusting the firewall settings for their software as needed for their jobs.

Currently we are in the phase of testing SP2 with this configuration. If you would like to be a tester, please contact your local administrator. Within the next few weeks, SP2 will be rolled out to a pilot group (SCS), and if all goes well then the roll out of SP2 to the rest of SLAC will begin during the month of March 2005.

There are several steps required for your local administrators to prepare your computer for the SP2 rollout:
1) Ensure that your C drive has sufficient free space.
2) Upgrade BIOS and drivers as necessary.
3) Upgrade OpenAFS/AFS client for Windows to 1.3.72 or above (read carefully the un-install steps at http://xweb.slac.stanford.edu/default.asp).
4) Scan for spyware (involves several steps, more details from your local admin later).
5) Un-install any existing third party firewalls (e.g., BlackIce, Zone Alarm) just before the rollout of SP2.

Your local administrators will provide you with details on the preparations needed, the testing and the schedule. Please refer your questions to them.

For a list of local administrators, see:http://www2.slac.stanford.edu/comp/winnt/local-administrators.html

- **Committee Resumes Meetings**
- **Handling Radioactive Waste**
- **Be Safe When You are Biking**
- **ES&H Safety Tip: Safe Running**
- **Read SLAC Today!**
- **Milestones**

EVENTS

- **Help SLAC Stage a Great Stanford Community Day**
- **New Certification in Supervision Class Begins March 31**
- **Chinese New Year Celebration**
- **Upcoming Events**

ABOUT TIP

- **Staff/Contact**
- **Submission Guidelines**

For more information on Windows XP SP2 resources and project documentation, see: https://www-internal.slac.stanford.edu/comp/windows/admin/Documentation/projects/WindowsXPSP2/index.htm

The Stanford Linear Accelerator Center is managed by Stanford University for the US Department of Energy

Last update Wednesday March 02, 2005 by Emily Ball

INTERACTION POINT
March 4, 2005

Back to SLAC Homepage

Back to TIP Homepage

In this issue:

FRONT PAGE

FEATURES

- Kavli Construction Begins
- 2005 International Linear Collider Workshop Comes to Stanford
- SPEAR3 'Breathes' in Response to Temperature Changes
- Policy for Staff Guided Tours Keeps Security Informed

POLICIES & PROCEDURES

- Windows XP Service Pack 2 to be Installed on All Centrally-Managed Windows Computers
- Important Changes to the SLAC Summer Student Program
- Katherine E. Pope Summer Fellowship Application Due March 11

ANNOUNCEMENTS & UPDATES

- Computer Coordinating

Important Changes to the SLAC Summer Student Program

By Diedre Webb

There is great anticipation for another successful summer student program in 2005. There have been tremendous results from posting jobs on the jobs@slac Web page. It benefits our local students who have a special interest in the sciences. We extend our thanks to the supervisors and mentors, and look forward to your support with the new improvements to our program.

While it is true that we look forward to gleaning some of the energy that comes from working with our enthusiastic youth, we must be cognizant of safety. In addition, the Laboratory has reviewed the summer student employment program to be certain that it is meeting the needs of the Laboratory and is in compliance with all applicable labor and safety laws and policies. The review has resulted in significant changes, which include the following:

Safety

All students will be required to take the mandatory ES&H Training classes, review applicable Area Hazard Analysis (AHAs) and, with their supervisor, complete a Job Hazard Analysis Mitigation (JHAM) for their job.

Posting Summer Student Jobs

• All requisitions for Summer Students will be posted for five business days.
• Hires will be selected after all applications have been reviewed.
• Interested students must apply for specific posted requisition numbers.

New Age Requirement and Mentoring

• No student under 16 will be allowed to work at SLAC in any capacity.
• Work performed by 16 and 17 year olds is allowed only in an office-type environment, and must be part of an education/mentoring program individually tailored by the supervisor/mentor to the position.
• Students who are 18 years and older may participate in the Summer Student Program, and will be treated like any other temporary worker on the SLAC payroll.

Employment Services will distribute information detailing the requirements and new procedures to

supervisors in mid-March.

INTERACTION POINT
March 4, 2005

Back to SLAC Homepage

Back to TIP Homepage

In this issue:

FRONT PAGE

FEATURES

- Kavli Construction Begins
- 2005 International Linear Collider Workshop Comes to Stanford
- SPEAR3 'Breathes' in Response to Temperature Changes
- Policy for Staff Guided Tours Keeps Security Informed

POLICIES & PROCEDURES

- Windows XP Service Pack 2 to be Installed on All Centrally-Managed Windows Computers
- Important Changes to the SLAC Summer Student Program
- Katherine E. Pope Summer Fellowship Application Due March 11

ANNOUNCEMENTS & UPDATES

- Computer Coordinating

Katherine E. Pope Summer Fellowship Application Due March 11

By Erin Shatara

The Katherine E. Pope Summer Fellowship was established in the memory of Katherine E. Pope, an undergraduate student at Smith College in Massachusetts, who was working at SLAC under the direction of her physics advisor. Pope was tragically killed in July 2001, while riding a bicycle on her way to SLAC.

This fellowship remembers Pope and encourages other undergraduates with an interest in science, especially physics, to pursue their academic interest at SLAC. The Pope Summer Fellowship will provide transportation to and from SLAC, a $500 per week stipend, and lodging for the time of the appointment.

Eligibility for the Katherine E. Pope Fellowship requires the following:
• Be an undergraduate student in one of the institutions whose faculty and students are participating in the research program at SLAC.
• Must be authorized to work as documented by completion of the Immigration Naturalization Services (INS) I-9 forms.
• Be available for a summer internship lasting for up to three months from June through August.
• Must have a sponsor for a summer project who is a SLAC user.
• Must have completed at least one year of undergraduate study prior to starting the internship.
• Must have a cumulative college GPA of 2.5 or higher.
• Preference will be given to students with a project in experimental particle physics but will not be confined to physics majors. Applications can be found at: http://www-group.slac.stanford.edu/hr/forms/summerfellowshipapp.html.

Applications must be postmarked no later than March 11, 2005, and should be sent to:
Stanford Linear Accelerator Center Katherine E. Pope Fellowship
C/O Erin Shatara
2575 Sand Hill Road, MS11
Menlo Park, CA 94025
or faxed to (650)926-4999.

INTERACTION POINT
March 4, 2005

Back to SLAC Homepage

Back to TIP Homepage

In this issue:

FRONT PAGE

FEATURES

- Kavli Construction Begins
- 2005 International Linear Collider Workshop Comes to Stanford
- SPEAR3 'Breathes' in Response to Temperature Changes
- Policy for Staff Guided Tours Keeps Security Informed

POLICIES & PROCEDURES

- Windows XP Service Pack 2 to be Installed on All Centrally-Managed Windows Computers
- Important Changes to the SLAC Summer Student Program
- Katherine E. Pope Summer Fellowship Application Due March 11

ANNOUNCEMENTS & UPDATES

- Computer Coordinating

Computer Coordinating Committee Resumes Meetings

By Travis Brooks

The Computer Coordinating Committee (CCC), chaired by Aaron Roodman (EC), has started meeting again with a fresh set of members and a new charge from the Associate Director's Committee on Computing (ADCC). Our goal is to provide technical advice to the ADCC to help them manage SLAC's computing technology within the limited resources available.

The CCC membership consists of leaders of major computing efforts around the Lab, as well as people who can provide a working knowledge of SLAC's capabilities and needs in this arena. While we interact with SCS, our membership is chosen from other areas of the Lab in order that we can bring the user's perspective to the discussion.

If you have suggestions for agenda items, or other comments or questions about our role, let us know by visiting http://www.slac.stanford.edu/slac/ccc or sending email to ccc-l@slac.stanford.edu. Note that these communications are publicly viewable, if you have a private issue, you may wish to find a CCC member in your area and let him or her know about your concern.

Current members are:
Aaron Roodman (EC) (Chair)
Travis Brooks (TIS)
Ray Cowan (BABAR)
Richard Dubois (SLD)
Martin George (ESRD)
Stephen Gowdy (BABAR)
Rusty Humphrey (ESD)
Kwok Ko (AC)
David Lange (BABAR)
Ray Larsen (TD)
Stuart Marshall (KIPAC)
Richard Mount (SCS)
Sunnie Parish (RD)
Kymberly Snead (KM)
Marshall Thompson (BSD)

Clemens Wermelskirchen (ADC)

INTERACTION POINT
March 4, 2005

Back to SLAC Homepage

Back to TIP Homepage

In this issue:

FRONT PAGE

FEATURES

- Kavli Construction Begins
- 2005 International Linear Collider Workshop Comes to Stanford
- SPEAR3 'Breathes' in Response to Temperature Changes
- Policy for Staff Guided Tours Keeps Security Informed

POLICIES & PROCEDURES

- Windows XP Service Pack 2 to be Installed on All Centrally-Managed Windows Computers
- Important Changes to the SLAC Summer Student Program
- Katherine E. Pope Summer Fellowship Application Due March 11

ANNOUNCEMENTS & UPDATES

- Computer Coordinating

Handling Radioactive Waste

By Quang Le

Radioactive materials (RAM), are byproducts of accelerator operations and can present unique challenges. They need to be identified, stored and managed to minimize exposure to people and to the environment. When these materials can no longer be used—and all such materials reach this stage eventually—proper disposal is a must.

This is why it is important for us to plan for the 'life-cycle' of all materials we place in or near the accelerator and experiments. Remember, not all materials start off being radioactive. They can become that way with exposure to energy sources, and the cost of managing and disposing of irradiated materials can exceed hundreds, and in some cases, thousands of times the purchase price.

Until recently, SLAC has been shipping 400 to 900 cubic feet of radioactive waste per year to the DOE site in Hanford, Washington for disposal. In July 2004, that site was closed to most off-site waste generators such as SLAC. Loss of Hanford reduced the total number of available sites for radioactive waste disposal in the country to just four, with only one within the DOE complex.

Besides waste being processed and shipped for disposal, we also store various radioactive materials for future use on site. While indoor storage is probably the only proven long-term option for some bulkier materials, space is scarce and needs to be used wisely.

What can you do to help SLAC manage radioactive materials and wastes more efficiently?
• Include potential waste issues in project planning. The type of material used can greatly affect the cost and possibility of disposal. Also, include disposal costs in project budgets. It costs much more to dispose of materials—including commonly used items such as brass and lamps—that have hazardous components.
• Consider alternative materials. Instead of using a known hazardous material in an area where it may become radioactive, contact the Radioactive Waste and Material Accountability (RWMA) Group of the Radiation Protection Department. We can help you identify alternatives.
• Reuse materials whenever possible. This saves not only on purchase costs but also on storage and disposal.

If you have any questions contact the RWMA Group by calling Joe Christy, Ext. 2823 or Quang Le, Ext. 2610. Our Web site is at: http://www-group.slac.stanford.edu/esh/rp/radwaste.

INTERACTION POINT
March 4, 2005

Back to SLAC Homepage

Back to TIP Homepage

In this issue:

FRONT PAGE

FEATURES

- Kavli Construction Begins
- 2005 International Linear Collider Workshop Comes to Stanford
- SPEAR3 'Breathes' in Response to Temperature Changes
- Policy for Staff Guided Tours Keeps Security Informed

POLICIES & PROCEDURES

- Windows XP Service Pack 2 to be Installed on All Centrally-Managed Windows Computers
- Important Changes to the SLAC Summer Student Program
- Katherine E. Pope Summer Fellowship Application Due March 11

ANNOUNCEMENTS & UPDATES

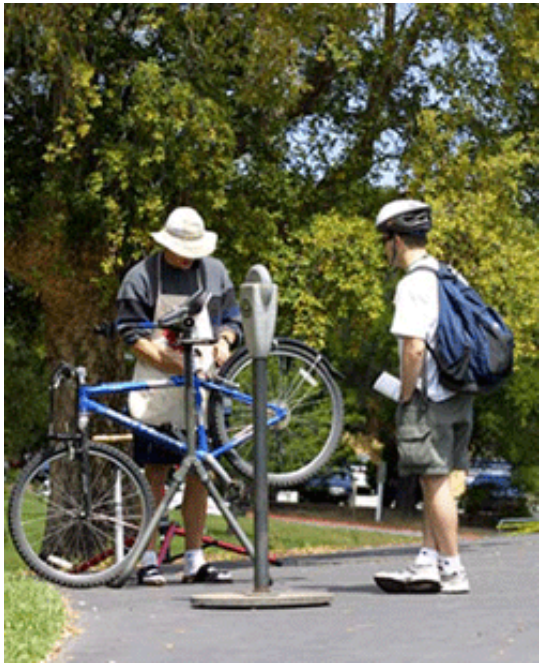
- Computer Coordinating

Be Safe When You are Biking

By Irene Boczek

Recently one of our colleagues was riding his bike and was hit by a car and seriously injured. I know that we all share good wishes for his speedy recovery.

At home, at work or in-between, your safety is of paramount importance. So here are some safety tips on safe bike riding and running.



A bike gets a tune-up at the SLAC 2003 Bike Fair. (Photo by Diana Rogers)

Safe Biking

Thanks to Honolulu Police Department (http://www.honolulupd.org/community/bicycle.htm) and others.

• Obey traffic signs, signals and road markings.
• Ride defensively and so drivers can see you and predict your movements.
• Be alert for road hazards.
• Be aware of parked cars and watch for car doors that may open.
• Use hand signals.
• Wear clothes that make you more visible.
• Be cautious when riding a bike at night. Make sure you have the proper lights on your bicycle. Wear reflective materials or clothing.
• Wear an approved helmet. Studies have shown that wearing a helmet can reduce injuries by up to 80 percent.
• Loose items should be secured to a properly installed carrier or carried in a backpack.
• Don't wear a headset while you bike so that you can hear what is going on around you.
• Keep your bike in good condition.

For more information and links, see:
http://transportation.stanford.edu/alt_transportation/BikingAtStanford.shtml#bikesafety

Also see: http://www.dmv.ca.gov/about/bicycle.htm

INTERACTION POINT
March 4, 2005

Back to SLAC Homepage

Back to TIP Homepage

In this issue:

FRONT PAGE

FEATURES

- Kavli Construction Begins
- 2005 International Linear Collider Workshop Comes to Stanford
- SPEAR3 'Breathes' in Response to Temperature Changes
- Policy for Staff Guided Tours Keeps Security Informed

POLICIES & PROCEDURES

- Windows XP Service Pack 2 to be Installed on All Centrally-Managed Windows Computers
- Important Changes to the SLAC Summer Student Program
- Katherine E. Pope Summer Fellowship Application Due March 11

ANNOUNCEMENTS & UPDATES

- Computer Coordinating

ES&H Safety Tip: Safe Running

The American Academy of Orthopedic Surgeons recommends the following tips for safe running:

Warm Up and Stay Hydrated

• Plan a progressive running program to prevent injuries. A five-minute warm-up (which should raise your temperature by one degree) followed by stretching exercises, is essential before starting a run. Following the run, stretching again is important.
• Start your run with the body feeling 'a little cool' since body temperature will increase when you start running.
• You can lose between six and 12 ounces of fluid for every 20 minutes of running. Drink 10-15 ounces of fluid 10 to 15 minutes prior to running and every 20 to 30 minutes along your route. Weigh yourself before and after a run. For every pound lost, drink one pint of fluid.

What to Wear

• Excessive clothing can produce sweating, which causes the body to lose heat rapidly and can increase the risk of hypothermia. Instead, dress in layers. The inner layer should be material that takes perspiration away from the skin (polypropylene, thermax); the middle layer (not necessary for legs) should be for insulation and absorbing moisture (cotton); the outer layer should protect against wind and moisture (nylon).

When to Run

• During hot weather, run in the early morning or evening, to avoid heat exhaustion. Do not run when pollution levels are high.
• Do not run at night, but if you run at dusk or dawn, wear reflective material. Don't wear a headset or jewelry while running. Run With a Partner
• Run with a partner. If alone, carry identification, or write your name, phone number, blood type, and medical information on the inside sole of your running shoe.
• Let others know where you will be running, and stay in familiar areas, away from traffic. Have a whistle or other noisemaker to use in an emergency and carry change in case you need to make a phone call.
• Whenever possible, run on a clear, smooth, resilient, even, and reasonably soft surface. Avoid running on hills, which increases stress on the ankle and foot. When running on curved surfaces, change directions in forward movement, so that you have even pressure on both feet during the run.
• Run in the shade if possible to avoid direct sun. If exposed to the sun, apply at least #15 sunscreen.

Wear sunglasses to filter out UVA and UVB rays, and wear a hat with a visor to shade your eyes and face.

For more tips and information, see: http://orthoinfo.org/fact/thr_report.cfm?Thread_ID=97&topcategory=Sports&all=all

(Source: U.S.A. Track and Field Association, Road Runners Club of America and American Orthopaedic Society for Sports Medicine.)

The Stanford Linear Accelerator Center is managed by Stanford University for the US Department of Energy

Last update Wednesday March 02, 2005 by Emily Ball

INTERACTION POINT

March 4, 2005

Back to SLAC Homepage

Back to TIP Homepage

In this issue:

Want to know what's going on at the Lab?

Read SLAC Today!

http://today.slac.stanford.edu

INTERACTION POINT
March 4, 2005

Back to SLAC Homepage

Back to TIP Homepage

In this issue:

FRONT PAGE

FEATURES

- Kavli Construction Begins
- 2005 International Linear Collider Workshop Comes to Stanford
- SPEAR3 'Breathes' in Response to Temperature Changes
- Policy for Staff Guided Tours Keeps Security Informed

POLICIES & PROCEDURES

- Windows XP Service Pack 2 to be Installed on All Centrally-Managed Windows Computers
- Important Changes to the SLAC Summer Student Program
- Katherine E. Pope Summer Fellowship Application Due March 11

ANNOUNCEMENTS & UPDATES

- Computer Coordinating

MILESTONES

Service Awards

5 Years
Catania, Brad (CEF), 3/1
Constable, Allen (MD), 3/1
Ramirez, Chris (ASD), 3/1
Mueller, Ann (SSRL), 3/6

10 Years
Sevilla, Javier (ILC), 3/1
Huang-Le, Jennifer (SCS), 3/9

25 Years
Phan, Tung (REG), 3/10

To submit a Milestone, see: http://www.slac.stanford.edu/pubs/tip/milestoneindex.html

See Awards and Honors at: http://www.slac.stanford.edu/slac/award/

INTERACTION POINT
March 4, 2005

Back to SLAC Homepage

Back to TIP Homepage

In this issue:

FRONT PAGE

FEATURES

- Kavli Construction Begins
- 2005 International Linear Collider Workshop Comes to Stanford
- SPEAR3 'Breathes' in Response to Temperature Changes
- Policy for Staff Guided Tours Keeps Security Informed

POLICIES & PROCEDURES

- Windows XP Service Pack 2 to be Installed on All Centrally-Managed Windows Computers
- Important Changes to the SLAC Summer Student Program
- Katherine E. Pope Summer Fellowship Application Due March 11

ANNOUNCEMENTS & UPDATES

- Computer Coordinating

Help SLAC Stage a Great Stanford Community Day

By Nina Stolar

The fourth annual Stanford Community Day will be held Sunday, April 10. Bring your family and friends to enjoy an all-day open house on the Stanford Campus featuring music, arts, athletic events, science exhibits, a childrens' community carnival and a health fair. Most events are located near or around the university's main quadrangle at the end of Palm Drive.

Community Day is designed to promote partnerships and increase understanding among Stanford and its neighbors, especially the residents of Palo Alto, Menlo Park, East Palo Alto, Woodside, Mountain View and Portola Valley. An estimated 10,000 people attended the event last year, with about 8,000 visitors the year before.

We Need Your Help!

SLAC always has one of the most popular booths at the event, and this year we want to have even more fun showing off the great science we do at the Lab.

Please join us for this important day. From explaining science to welcoming guests to helping with set up and supplies, we have many ways to contribute.

Please contact Nina Stolar (Ext. 2282, nina@slac.stanford.edu) for more information and to join our team.

Community Day is a family affair. (Image by Diana Rogers)

INTERACTION POINT
March 4, 2005

Back to SLAC Homepage

Back to TIP Homepage

In this issue:

New Certification in Supervision Class Begins March 31

A nine-class training program designed to teach supervisors and managers effective leadership skills to meet the demands of SLAC's workplace and to promote optimal performance from employees.

For complete details, see: http://www-group.slac.stanford.edu/hr/t/supervision.html

INTERACTION POINT
March 4, 2005

Back to SLAC Homepage

Back to TIP Homepage

In this issue:

Chinese New Year Celebration

Staff celebrated the Chinese New Year with a lunch held recently at the Fu Lam Mum Restaurant in Mountain View. This year is the Year of the Rooster, the year 4702 by the Chinese calendar. Over 30 participants enjoyed a ten-course meal.

Photo courtesy of Nina Stolar

INTERACTION POINT
March 4, 2005

Back to SLAC Homepage

Back to TIP Homepage

In this issue:

About Us:

The Interaction Point

Editorial Team
Neil Calder
Nina Adelman Stolar
Katherine Bellevin
Vickee Flynn
Ziba Mahdavi

Writers
Heather Rock Woods
Linda DuShane White
Matthew Early Wright

Photography/Graphics
Diana Rogers

Distribution
Charlotte Los Banos
Tineke Graafland

On-line Edition
Emily Ball

The Interaction Point is published twice monthly every first and third Friday. Submissions are due the second and fourth Tuesdays of each month.

Send submissions to tip@slac.stanford.edu, or mail to TIP Editor, MS 58, Stanford Linear Accelerator Center, 2575 Sand Hill Road, Menlo Park, CA 94025.

TIP is available online at:
http://www2.slac.stanford.edu/tip/