

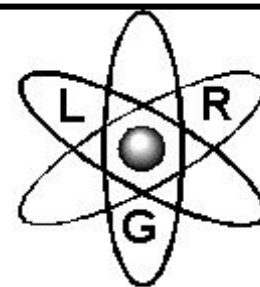
**Laboratory
Retiree
Group
Newsletter**

**Vol. 25 No. 2
July 2020**



THE MAIN GATE

1947



Reaching Out From a
Common Experience

"Reaching Out From a Common Experience"

Greetings from a unique group of people - the retirees of the Los Alamos National Laboratory (LANL). The Laboratory Retiree Group (LRG) is a non-profit corporation which seeks to maintain communications with and to serve the needs and interests of retirees from LANL.

Laboratory Benefits Special Coronavirus Edition

Norm Delamater Patricia Wing

Medicare and the CARES Act extend help during the COVID-19 pandemic

We hope that this month's issue finds all our readers are healthy and practicing good daily methods of avoiding the coronavirus pandemic. In this article we will focus on information from Medicare, on policies dealing with coronavirus, and financial concerns covered in the CARES Act, which was passed by the US Congress into law.

We have not received many benefits complaints from LRG members in the past few months. There were some concerns about the prescription drug plan not covering some drugs that were covered in previous years. There were also concerns about BCBS procedures in states other than New Mexico. Please continue to inform us of any more concerns; we will do what we can to help.

Sources for the following include Medicare.gov, CDC.gov (Centers for Disease Control), and Blue Cross/Blue Shield (BCBS). CARES Act information is from T. Rowe Price at www.troweprice.com.

Medicare covers COVID-19 related needs

-) Medicare covers the lab tests for COVID-19. You pay no out-of-pocket costs.
 -) Medicare covers FDA-authorized COVID-19 antibody (or "serology") tests.
 -) Medicare covers all medically necessary hospitalizations. This includes if you're diagnosed with COVID-19 and might otherwise have been discharged from the hospital after an inpatient stay, but instead you need to stay in the hospital under quarantine.
- Currently, there is no vaccine for COVID-19. If one is discovered, it will be covered by Medicare.

Telehealth and related services

Medicare has temporarily expanded its coverage of telehealth services to respond to the current public health emergency. Increased coverage is designed to help you have access from more places, including your home, with a wider range of communication tools, including smartphones, and interact with a range of providers like doctors, nurse practitioners, clinical psychologists, licensed clinical social workers, physical therapists, occupational therapists, and speech language pathologists. During the COVID-19 virus time frame, you will be able to receive a specific set of services through telehealth including evaluation and management visits, common office visits, mental health counseling, and preventive health screenings without a copayment if you have Original Medicare. Telehealth services will help ensure you are able to visit with your doctor from your home, without having to go to a doctor's office or hospital, which puts you and others at risk of exposure to COVID-19. A telehealth visit can be scheduled directly with your physician and Medicare will be billed properly for the telehealth visit by the physician.

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Blue Cross Blue Shield

The BCBS supplemental plan provides coverage for Medicare approved treatments. Mental health services are included in the BCBS plan. Routinely, services need to be pre-authorized, but this process is not difficult. The customer service line can assist with this process.

On the back of the BCBS identification card are customer service telephone numbers that include a 24/7 nurseline staffed by registered nurses.

Scammers

Scammers may use the coronavirus national emergency to take advantage of people while they're distracted. As always, guard your Medicare card like a credit card, check Medicare claims summary forms for errors, and if someone calls asking for your Medicare Number, hang up!

Slow the spread of coronavirus

All of us must do our part to slow the spread of the coronavirus. Here's how.

-) Wear a face mask and avoid social gatherings in groups.
-) Avoid close contact (6 feet, which is about two arm lengths). Work or engage in schooling from home whenever possible.
-) Avoid eating or drinking at bars, restaurants, and food courts — use drive-thru, pickup, or delivery options.
-) Avoid discretionary travel, shopping trips, and social visits.

Hygiene precautions to take now

-) Wash your hands often with soap and water for at least 20 seconds, especially after being out in public, blowing your nose, coughing, or sneezing.
-) If soap and water aren't available, use a hand sanitizer that contains at least 60% alcohol.
-) To the extent possible, avoid touching high-touch surfaces in public places, like elevator buttons, door handles, handrails, and handshaking with people. Use a tissue or your sleeve to cover your hand or finger if you must touch something. □
-) Avoid touching your face, nose, and eyes.
-) Clean and disinfect your home to remove germs. Practice routine cleaning of frequently touched surfaces—tables, doorknobs, light switches, handles, desks, toilets, faucets, sinks and cell phones.

Preparing for healthcare needs

-) Identify local resources ahead of time that can help if you become affected by the coronavirus.
-) Keep enough over-the-counter medicines and medical supplies (like tissues) to treat fever and other symptoms. Most people will be able to recover from COVID-19 at home.
-) Have enough household items and groceries on hand so that you'll be prepared to stay at home for a period of time. Know what medications your household members and close family members are taking. The BCBS site recommends keeping a 4-week supply of over the counter medications and prescriptions, if possible.
-) It's a good idea to make photocopies of your identification cards and credit cards, front and back, and put the copies in a safe place.
-) Keep a list of required medications including name of medication, dosage, and pharmacy, at home and in your wallet. Also essential is to keep health plan cards with you when you go out, just as you would your driver's license. Some people keep an envelope with essential medical information in a handy place near the front door, in case of a 911 call.
-) Routine influenza vaccination, except in cases of contraindications, is recommended by the CDC.

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Socializing concerns

The virus that causes Covid-19 likes stuffy, enclosed areas, so well-ventilated areas are better—open the windows, and outside is best. Singing carries the breath farther than normal conversation. Everyone should know where they can wash their hands.

Travel and exercise

Prepare for coronavirus sanitizing at restaurants, gas stations, and motels, and with all people you meet with. Coronavirus can be carried by people who do not have symptoms. In hotels and gyms, wipe down what you touch. Don't share resistance bands or weight belts.

The CARES Act and the financial considerations it allows

Passed on March 27, 2020, the CARES Act was enacted to provide relief to Americans facing financial challenges due to the coronavirus pandemic. Many Americans are facing financial challenges due to the pandemic.

CARES Act provisions for individuals include tax rebates, enhanced unemployment benefits, penalty-free access to retirement assets, required minimum distribution, and student loan relief. The CARES Act also includes help for business owners, including potentially forgivable loans and relief from employment taxes.

CARES Act provisions affecting retirees includes the payment of \$1200 per individual or \$2400 per couple for individuals with less than \$75,000 or couples with less than \$150,000 combined income. Payment should have been received by now. If you have not received your payment, please contact the IRS at [IRS.gov/coronavirus](https://www.irs.gov/coronavirus) or call 1-800-919-9835.

Required Minimum Distribution (RMD) and IRAs

The CARES Act allows penalty free access to retirement plan assets and waiver of the RMD for calendar year 2020.

IRAs and workplace retirement plans will not be subject to RMD in 2020. This includes first-time RMDs for people who turned 70½ in 2019 but did not take their first RMD by December 31, 2019. This provision applies to everyone, not just people adversely affected by the coronavirus. If you do not need a distribution from your IRA or workplace retirement plan in 2020 for spending, this provision gives you more flexibility. You may choose to take less from your tax-deferred accounts and reduce your taxes.

If you took an IRA distribution this year (2020) that you don't need, you may be able to put that money back into your IRA (called a 60-day rollover). The 60-day rollover period for any RMDs already taken this year has been extended to August 31, 2020, to give taxpayers time to take advantage of this opportunity. Keep in mind that you are only allowed one such transaction per 12-month period (measured from the date you received the distribution).

Another option, if you expect you or your beneficiaries will be in a higher tax bracket in the future, is to convert some Traditional IRA assets to a Roth IRA. Of course, check with your financial advisor before making financial decisions.

Access to retirement assets

If you, your spouse, or a dependent is diagnosed with COVID-19, the disease caused by the coronavirus, or if you are an impacted individual who faces adverse financial consequences related to the crisis, you can take a distribution up to \$100,000 without an early withdrawal penalty (if under 59 1/2 years of age). If you plan to take an early distribution from your traditional IRA or other qualified retirement account such as 401(k) or 403(b), there are special conditions that may apply to it. We recommend that you talk with a tax professional before you do it.

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Delayed tax filing deadlines

The due date to file and pay (without interest or penalties) 2019 federal income taxes has been extended from April 15 to July 15, 2020. This new deadline now also applies to both first and second quarter 2020 estimated taxes. Along with that change, the deadline for making 2019 IRA contributions is also extended to July 15, 2020.

Charitable considerations

All taxpayers can take deductions for qualified charitable contributions in 2020 of up to \$300. These "above the line" deductions are available if you don't itemize, which gives people incentive to help charities in need.

Charitable itemized deductions made in cash to public charities are generally limited to 60% of adjusted gross income (AGI), but that limit has been suspended for 2020. While that restriction does not affect many taxpayers, if you have ambitious charitable goals, this change gives you more ability to make a large impact in 2020. Note that this is intended for direct payments to charities, rather than to donor-advised funds or 509(a)(3) supporting organizations.

Some retirement savings considerations

For those with IRAs, UC Retirement Savings Program 403(b), and TRIAD 401(k) accounts, you may have noticed in the latest statements you received that the account balances have decreased due to the drop in the stock market averages which occurred in March, 2020. The stock market averages have bounced back recently but can be expected to be volatile while the US is recovering from the coronavirus pandemic. Interest rates can be expected to remain low for some time. If you are concerned about your investment accounts, now is a good time to have a discussion with your accountant or financial advisors. If you have UC 403(b) or TRIAD 401(k) retirement savings, you can call the toll-free number on your statements and the representative can discuss your overall investment strategy. The representatives cannot give specific buy and sell advice but can offer educational input based on your individual circumstances and the options available in your employer sponsored plan.

UC Cost of Living in July

The University of California has now announced that the 2% cost of living adjustment to the UCRP pension will be effective with the July 31, 2020 pension distribution check.

DISCLAIMER: The information provided in this article while believed to be currently accurate, is meant to be educational in nature and should not be interpreted as medical or investment advice. Consult with your physician, financial advisor or tax advisor before taking any actions based on information in this article.

Please email us any benefits issues. We hope to provide clarity where possible. You will find email addresses on page 10.

Empyrean:	1-844-805-0002, www.lanlbenefits.com
Blue Cross/Blue Shield of New Mexico:	1-877-878-5265, www.bcbsnm.com
Express Scripts:	1-800-838-4590, www.express-scripts.com (beginning 1/1/20)
Delta Dental of New Mexico:	1-877-395-9420, www.deltadentalnm.com group number 4000
Davis Vision:	1-800-999-5431, www.davisvision.com client code 9019
ARAG Legal:	1-800-247-4184, www.members.araggroupp.com/lans access code 14822lal, group number 14822
Medicare:	1-800-MEDICARE or 1-800-633-4427, www.medicare.gov
Laboratory Retiree Group	www.lalrg.org

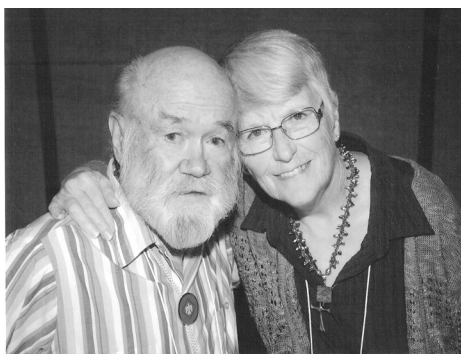
LRG News

LRG Board members are feeling smug now that they have accomplished several meetings via Zoom, thanks to Dave Schiferl, who tutored and mentored and encouraged the newbies. His patience was endless as he shepherded some of us through the initial steps: click on this, click on that, turn this off, turn that on. Those familiar with Zoom just watched and chuckled. We hope there won't be a quiz. Thank you, Dave!

New Mexico law requires that the LRG hold an Annual Meeting. Board members fulfilled this requirement by holding one, via Zoom, on May 15, the date originally scheduled, but necessarily cancelled, at the Betty Ehart Senior Center. Linda Deck, Director of the Bradbury Science Museum, was to be guest speaker. She has assured us that she will speak at a later date.

We say goodbye to George Best and Cecil Stark, who have resigned their positions on the LRG Board. George had probably the best attendance record of any Board member in LRG history. His smiling face was rarely missing. Cecil served several years and was the LRG anchor in Albuquerque. He and his wife will travel in Europe as soon as the coronavirus threat has ended. In the mean time they will do some local motoring in a new Porsche. Thank you both for your years of service to the Los Alamos Retiree Group.

Meet the New Board Members..



Sue Elkins joins husband, Paul, on the LRG Board. She moved to Los Alamos from Southern California in 1974, met Paul in 1976, and they married in 1977. The Elkins enjoy hiking, camping, fishing, and hunting. Sue likes gardening and bird watching. When Paul retired in 1990 they traveled, going to Alaska twice. Sue said, "We enjoyed it so much we bought some land and a chain saw. We cleared the house site, and built our home in 1999." They returned to Los Alamos in 2010 when Paul turned 80. They described their 1992 trip to Alaska in the three 2018 issues of the Main Gate.



Richard Henderson, a health physicist, was in H division for many years, spending most of his career at the Nevada Test Site. He and his wife, Barbara, both musicians, were original home owners in Pajarito Acres and he lives there still. He plays tennis three days a week, gardens, and enjoys the constant stream of birds that migrate and nest in the little oasis he calls home. Son, Roger, is a radio chemist at Livermore: daughter, Mary Kay is in hotel management in Colorado. He has two accomplished grandchildren, the eldest graduated from high school this year.

LRG Directory

Please please please, give us your new address, phone number, or change in life situation. Sheila Girard has the painstaking job of maintaining the LRG Directory of over 500 names, which comes to you every March. She can only update the information if she hears from you. Members write to say they haven't received their Main Gate only to learn that they had changed their address, or had not paid dues. Please help us stay current!. See page 11 to update.

Los Alamos Reporter- "The News from Los Alamos and Beyond." is a new, viewer friendly, online newspaper with no advertising. Founded in 2018 by Maire O'Neill, an experienced reporter, it is an attractive bit of journalism. She spent 20 months working for LA Daily Post before launching her own publication. It's quickly gaining popularity. Check it out at losalamosreporter.com

LANL Workforce Retirees' Scholarship Recipient

Mike Ammerman,
Scholarship Program Manager



Teresa Dominguez, Pojoaque Valley High School, 2020 LANL Scholar and LANL Workforce Retirees' Scholarship Recipient.

Teresa is an active member of her school and community. She has demonstrated her commitment to achievement, leadership and service by maintaining a 4.0 GPA and participating in National Honor Society, Concert Band (first chair and section leader), Soccer (team captain), Link Crew (as a peer mentor), Student Government (Student Body President), and various community service activities.

Teresa understands the value of higher education and how it can transform a person's life. She shared in her scholarship essay that "I have seen how having a college degree can make it easier to provide for yourself and your family. After getting his Bachelor's degree, my dad was able to find a well-paying

job and make a living for my brothers, sister, and I. I want to get a degree and then come back and help both of my parents."

This fall, Teresa plans to attend New Mexico State University. "My goal is to major in chemistry and then apply to medical school. I hope to come back to my community and provide them with the medical care we are in need of. This scholarship is very important to me because it is helping me reach my goals, and helping me attend college. Thank you for this opportunity."

Thank you to everyone who has contributed to the LANL Workforce Retirees' Fund. This scholarship is made possible through your generous ongoing support. If you would like to help us grow this scholarship and serve more students like Teresa, visit the LANL Foundation website at www.lanlfoundation.org/give. You can make a donation online to the LANL Workforce Retirees' Endowed Scholarship Fund or you can download a pledge form, indicate the amount you would like to contribute, and mail it along with a check to the LANL Foundation. For more information or assistance, contact Mike Ammerman, Scholarship Program Manager, at mike@lanlfoundation.org, or call 505-795-3778.

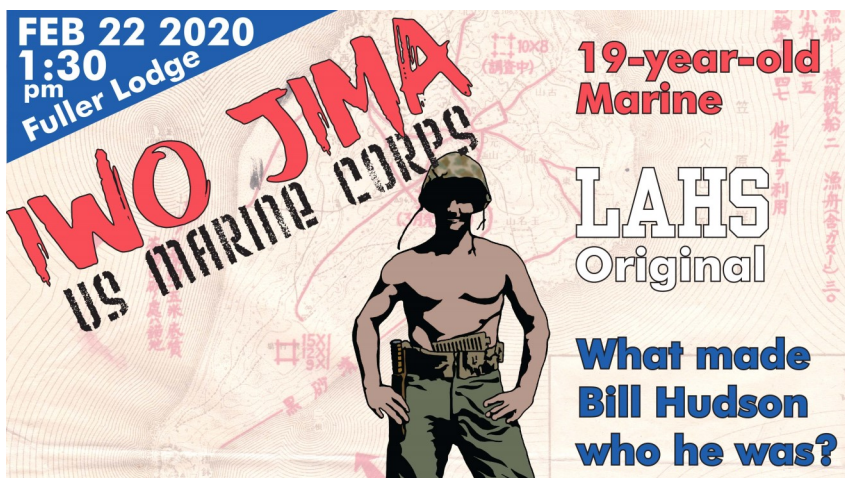
Bill Hudson, WWII Hero and Los Alamos Coach,

by **Nancy Bartlit & Co.**

Uncommon Valour: The Battle for Iwo Jima documentary, shown February 22 in Fuller Lodge, led an audience of 50 in honoring local hero, beloved leader, teacher, and coach, Bill Hudson. The commemorative event followed 75 years and three days after the United States invasion

of Iwo Jima, an uninhabited island needed as a steppingstone and safe haven for B-29 planes returning from bombing raids on the mainland of the Empire of Japan.

The island critical to U.S. fate was defended by 22,000 Japanese troops. U.S. Marines were slaughtered as they charged, sinking into the soft, hot, black sandy beach up to their knees.



Poster by Ewan Tallentire

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They fought valiantly for 36 days to control and expand the air force runways on the island. Bill Hudson, 19 years old, was one of those Marines who was wounded on the 25th day of fighting, which saved his life. The U.S. suffered 21,865 casualties and 6,821 deaths. Only two of his unit of 49 survived unscathed—one of whom was Bill's commander Sgt Manuel Martinez, later Bill's close buddy living in Roswell.

Bill was a respected teacher and coach at Los Alamos High School, whose gentle but no-nonsense strengths pushed athletes to excel. Karen Jo Tallentire, daughter of Living Treasure Joel and Helen Dahlby, is Bill's former student. A veteran herself, she wrote Bill's biography, *Fighting the Unbeatable Foe: Iwo Jima and Los Alamos*. The 75th War anniversary edition of her book is available for sale at the Los Alamos History Museum Shop.

Karen's husband, Ewan Tallentire, designed the event poster again this year while Senior Center volunteers posted them around town.

After the film, Nancy re-traced the military tour she took of Iwo Jima with her slideshow. She described the annual Reunion of Honor on the island, when the island is opened by the Japanese to share memories with American survivors of the Battle and guests from both countries. (We returned the island to them in 1968.) Military bands from both countries played each other's national anthems together. Bill and his family also visited the island on similar tours in order to run up Mt. Suribachi. Afterwards, he began a pen pal friendship with Rosa Ogawa, the daughter of one of the Japanese soldiers who died on the island. He later visited her in Japan.

Next year, the organizers hope to include others who have traveled to Iwo Jima and might share their thoughts about this significant history.

Semper Fi!

Pajarito Press, a local publishing company, creates four state and national award winning books in just three years

by **Nancy Bartlit.**



Nancy Bartlit and Mark Rayburn at a recent book signing. Photo by Bonnie Gordon

Pajarito Press as a dream began when historian Nancy Bartlit asked for Mark Rayburn's help to redesign, rewrite, and prepare her book *Silent Voices of World War II* for publication. Mark said, "Yes," so he and she became kindred spirits on a quest. Nancy had reclaimed her book rights from her former publisher who had filed for Chapter 11. After an arduous road for Nancy, together with the widow of her co-author Everett M. Rogers, they prevailed with the intention to self-publish.

Bartlit had taught school for two years in Sendai, Japan, before coming to Los Alamos in 1962 with husband John. After she served on the county council, she studied Japanese industry and international communications at UNM. Her master's thesis is an analysis of the public comments written in the Bradbury Science Museum ledger by visitors during the 50th anniversary of World War II. She then traveled the state for several years to gather and write WWII veterans' stories. After *Silent Voices* was published in 2005, she traveled to World War II sites in the Pacific and to internment and concentration camp sites in the Western U.S. which held persons of Japanese descent. She also visited the Navajo reservation and the Bosque Redondo Memorial at the Fort Sumner Historical Site as well as attending the annual Bataan Death March ceremonies in Santa Fe and Albuquerque.

For 15 years she has shared her experiences with students, veterans, and seniors in classes, churches, libraries, and conferences in the U.S., Tokyo, Tinian Island, and Manzanar Historic Site. She wanted to update *Silent Voices* with more illustrations and war incidents which she had gathered to add to her published accounts of the U.S. Navajo Marine code talkers, U.S. Army survivors of the Bataan Death March, male Japanese internees sent to a camp located in Santa Fe, and scientists still living in Los Alamos who had worked on the Manhattan Project.

Because both Mark and Nancy served together on the Fuller Lodge/Historic Districts' Advisory Board (now renamed Historic Preservation Advisory Board), and both have donated many hours to the Los Alamos Historical Society and the town, they found a common goal in preserving the extraordinary history of Los Alamos as they realized their combined work skills complemented one another.

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Mark's father had acquired a job with the Lab (then, LASL—Los Alamos Scientific Laboratory) and moved the family to Los Alamos in 1950. Mark went through the Los Alamos school system with many other children of the Manhattan Project scientists and began discovering and developing his artistic and musical gifts. Those areas of interest began to shape his life. During his senior year he traveled coast to coast with the musical cast of *Up with People*, followed by a tour in the Navy, and then attended Eastern New Mexico University studying commercial art.

When Mark moved to California in 1972, to pursue music and design, he worked briefly as a portrait photographer in Santa Ana. Moving to San Diego he gave a name to his free-lance art business and started Rayburn Design. At about the same time, he was hired by Youth Specialties as art director designing books, magazines, and marketing materials. After 15 years with Y.S. he was employed by an advertising agency, all the while continuing free-lance graphic design.

In 2009 an opportunity to return to Los Alamos presented itself, so Mark, and his wife Sandy relocated to New Mexico.

In 2015 Mark and John Bartlit published some of John's newspaper columns in a booklet, *Regulatory Engineering: Prospectus and Primer*. The publication was a finalist in a book award competition. Such a positive experience led to the formal establishment of Pajarito Press LLC, in 2017.

Pajarito Press then joined the energetic Los Alamos Chamber of Commerce. When word got around that Nancy and Mark were publishing a book, the calls started: "Can you help me publish my book?" That's when they decided it was important to start the publishing company. Pajarito has produced four books to date—all winners of state or national competitions.

Nancy and Mark are compelled to tell the stories that relate to their unique town of Los Alamos and the state of New Mexico, from its history—preceding, during, and since World War II—from scientific to environmental to cultural assets. Like *pajarito* (little bird), their range is vast, and their voice is bright, though small. The Manhattan Project was a scientific feat which established Los Alamos as a national laboratory, decisively ending World War II in the Pacific, and taking the world into the Atomic Age.

Their first client was Barbara Stoddard, widow of Los Alamos State Senator Stephen D. Stoddard. She asked us to publish Steve's first-hand recounting of The Battle of the Bulge experiences as told to Doug Weiss. Originally intended for their family, the book has been well received by the public as Steve was greatly admired through his dedicated, community work. The book tells the story about how his military training and service influenced his commitment to serving others for the rest of his life. The book won a Cover and Interior Design Award from the New Mexico Book Association in 2019.

Then, aj Melnick of Santa Fe, contacted Pajarito Press. Her printed book, *They Changed the World: People of the Manhattan Project*, was nearly out-of-print. aj also was able to retrieve her publishing rights and hired Pajarito Press to redesign and reprint her popular book. Some of her portraits in the book are displayed at the Bradbury Science Museum. Mark's talent as a book designer and his photographic expertise earned a Finalist Award in the New Mexico/Arizona Book Awards and a distinguished Silver Award in the national 2020 Benjamin Franklin Book Awards.

In 2019, Liddie Martinez, a well-known banker in Los Alamos, called Pajarito Press and asked to meet with them. She had a desire to publish her historic collection of recipes, brought from Spain and handed down generation-to-generation for over 400 years, so that the traditional northern New Mexican cuisine would not be lost. She had been preparing, testing, and photographing each finished recipe and was eager to find a publisher. In the meantime, the *LA Daily Post* asked her if she would write a recipe each month to be printed in their newspaper and published on their website. Pajarito enthusiastically agreed to join forces with her because of her ties with northern New Mexico, and the importance of the historic Chile Line RR—whose tracks ran adjacent to her family's property where she grew up.

The result: her colorfully photographed cookbook has been selling like "hot tamales" and has recently received an Honorable Mention by the national Eric Hoffer 2020 book award judges. Another honor: the local Rotary Club gifts the book to their weekly guest speakers!

Nancy's historical expertise, and Mark's art expertise have allowed them to publish and promote well-designed, high-quality books in print. The first four books that Pajarito Press has published have all received state or national design and content awards. To have attained that goal so quickly makes the owners, Bartlit and Rayburn, proud as they prepare additional "great reads" written by exceptional authors.

Pajarito Press LLC
108 Central Park Square
#175
Los Alamos, NM 87544

Nancy Bartlit, Co-Owner,
President, Historian
505-672-9792
nancy@pajaritopress.com

Mark Rayburn, Co-Owner, Art Director
505-553-5199 (office & special orders)
mark@pajaritopress.com

LANL In Memoriam

By Jack Clifford



Adelia Martinez
Ivan "Chick" Bergstein
William L. Miller
Bruce R. Wienke
Roy L. Beacham
Gary D. Rich
Emmanuel A. Lopez
Victor Anaya
William "Bill" Bernard
Mary Carol Williams
Joni Worth Hyder
Joseph Watts
Thomas James "TJ" Cooper
David W. Beck
Ruth B. Beaty
Richard D. Clayton
Andrew P. Conley
Harold M. Burnett
Joseph A. Catanach
Allan J. Gjovig
Pascual P. Chavez
Alicia Marie Hicks
Erma Lou Fairchild
Billie Bishop Shull
Miles Thomas "Tom" Pigott

Beverly Sue Ausmus Ramsey
Vernon Norman Kerr
John Ross
Donald W. Barr
Elizabelle "Belle" Martinez
Glenn E. Seay
Joseph Watts
Raymond Marvin Catanach
James Griffin
Lonnie Miller
Luz M. Woodwell
John G. Rabar
Jacob Manuel Espinoza
David W. Beck
Bobby Joe Phillips
Theodore Allan Fritz
Barbara Anne Bacon
Aloma Marie Naivar
David Lawrence Hill
Stephen Wayne Justus
Kurt Efraim Nielsen
Richard A. Krajcik

*Your legacy is every life
you have touched.*

An obituary can usually be found in Google by entering the individual's name, followed by *Los Alamos*.

The LRG and the community are grateful to Carol Clark, Publisher of the LA Daily Post, for printing obituaries at no cost.

How to Buy a Watermelon

Joyce Wolff

Before a July family picnic I had an amusing encounter with an attractive young woman in the produce department at Smith's grocery store. I was ambling up to the watermelon bin deciding which of the many sizes of watermelon to choose: big, way big, or so small they could be an individual serving.

She was tapping the larger ones, pressing the ends, smelling them, studying them carefully.

I asked her, as she made her choice and placed it in the basket,

"Does the tapping and smelling really work?"

As I stood there imitating her taps and sniffs, she shared with me that if it sounded hollow, it was supposed to be ripe and if there were a yellow patch on one side it meant it had stayed in the field until ripe, increasing the likelihood of sweetness.

I told her I had always wondered if those clues were really true and she admitted she didn't know but she always did it anyway. We laughed at that and she moved away, but turned to say, still laughing,

"I don't know. I just do it to look cool."

And we really laughed at that. I love this girl and I came home chuckling. We need more like her, laughing at ourselves.

Please note! Tuesday morning breakfasts at the Morning Glory Restaurant are cancelled till further notice due to the coronavirus.

LRG Board meetings remain on the third Wednesday of each month by way of Zoom.

Laboratory Retiree Group Website:

www.lalrg.org

LRG Officers and Board Members,

President	Dale Thompson	dalethompson@losalamos.com president@lalrg.org
Vice President	Leigh House	hagar@newmexico.com president@lalrg.org
Treasurer & Membership	Sheila Girard	sgirard@losalamos.com
Scribe	Alan Wadlinger	awadlinger@vla.com
Board Member & Benefits	Norman Delamater	ynormdel@earthlink.net
Board Member	Paul Elkins	pselks@gmail.com
Board Member	Sue Elkins	pselks@gmail.com
Board Member & Main Gate	Richard Henderson	brh@swcp.com
Board Member & Website	Paul Lewis	plewis0@comcast.net website@lalrg.org
Board Member	Bob Meier	bobmeier@mac.com
Board Member	David Schiferl	dsconsult@centurylink.net
Board Member	Erika Spallitta	Erika.joseph@hotmail.com
Board Member	John Stewart	jns@rt66.com
Board Member & Benefits	Patricia Wing	hwybks455@yahoo.com
Board Member & Main Gate	Joyce Wolff (JJW)	jwolff@lomalobo.com maingate@lalrg.org
All Board Members		board@lalrg.org

LABORATORY RETIREE GROUP (LRG)

www.lalrg.org

LRG Works to Protect Retiree Benefits

Membership in the Los Alamos Laboratory Retiree Group, Inc. (LRG) is open to any person age 50 or older who currently receives or expects to receive an ongoing financial benefit (health or other insurance, retirement income, or other forms of remuneration) from having worked or having an association with someone who worked for the prime contractor of Los Alamos National Laboratory.

Active Members, as described above, pay annual dues of \$20, have voting privileges at Annual Meetings, and may serve as LRG Officers and/or Board Members. Active members receive the annual LRG Directory of members and *The Main Gate* news bulletin 3 times a year. Spouses of deceased Active Members remain members as long as yearly dues are paid.

Friends are persons who support LRG. Friends pay dues of \$20 per year to cover the cost of printing and mailing *The Main Gate*. Friends may not vote, hold office, or receive the LRG Directory.

**Enjoy Conversation and a Great
Breakfast
(from the menu)
Coffee or tea paid for by the LRG
1st Tuesday every month
8:30-10:30 a.m.
Morning Glory Restaurant**

**LRG Board Meetings
3rd Wednesday of the month
2:00 pm Mesa Public Library
Anyone is welcome.**

**May general meeting
will be announced in the
March Main Gate**

MEMBERSHIP APPLICATION or RENEWAL FORM

THE LABORATORY RETIREE GROUP, INC. (LRG)

- ☐ New Membership ☐ Renewal ☐ Friend ☐ Change of Address
☐ Check here if requested information remains unchanged (including phone no. and e-mail)
☐ Check here if you DO NOT want to be listed in the DIRECTORY

Active Member: _____
Last Name First Name Middle

LANL Retiree? Yes No Year _____ System: UCRS PERS LANS OTHER (circle as needed)

Spouse and/or
Active Member _____
Last Name First Name Middle

LANL Retiree? Yes No Year _____ System: UCRS PERS LANS OTHER (circle as needed)

Friend _____
Last Name First Name Middle

Address: _____ City: _____ State: _____ Zip: _____

Telephone: (_____) _____ E-mail? No Yes: _____

Payment: Please mail this form plus \$20 per year dues payment by check to:
LRG, PO Box 546, Los Alamos, NM 87544

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lanlfoundation.org

or by mail to their address at

1112 Plaza del Norte, Española, NM 87532