Laboratory Retiree Group Newsletter

Vol. 27 No. 3
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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.

LANL Benefits Updates
Norman Delamater

As of the date writing this article in October, we have heard from the Lab HR group that Open Enrollment period for the retiree benefits for 2023 is October 24 through November 7, 2022. You can make any changes in enrollments for Medical, Dental, Vision and Legal plans. If you do not plan to make any changes you need not do anything, and all current enrollments will continue into next year. There are no changes in providers for any of the retiree benefits and the policies will have no significant changes. Details can be seen in the Open Enrollment brochures which will be available through the Empyrean website, www.lanlbenefits.com . A letter has been sent from Empyrean to all retirees explaining Open Enrollment for 2023. The main change for 2023 will be premium increases due to claims experience. For the Blue Cross Blue Shield medical plans, there will be an average 11% increase in the monthly premium. For Davis Vision, there will be a 5% premium increase. Delta Dental and ARAG Legal plans will not see any premium increase next year. For those retirees with less than 20 years service credit and on graduated eligibility, the subsidy factors will all remain the same and the Lab benefits contributions will also remain the same as currently.

The Social Security Administration has announced a COLA (cost of living allowance) of 8.7% benefit increase for 2023, beginning in January. This should help offset some price increases in gas and food due to inflation. Also, Medicare has announced that the standard Part-B Medicare monthly premium cost will be reduced, with the standard Part-B premium of $164.90 for 2023. The Part B deductible will be reduced to $226. Medicare beneficiaries with high incomes pay more for Part B. But what exactly does “high income” mean? The high-income brackets were introduced in 2007 for Part B, and for several years they started at an income of $85,000 ($170,000 for a married couple). But the income brackets began to be adjusted for inflation as of 2020. For 2023, the threshold where the surcharge starts to be added is increasing again, to $97,000 for a single person and $194,000 for a married couple, up from $91,000 and $184,000, respectively, in 2022. The significant increase for 2023 is due to the fairly high inflation we’ve seen in 2022. (Note that the surcharge in 2023 will be based on income tax returns from 2021, since those are the most recent tax returns on file when 2023 begins; there is an appeals process you can use if your income has changed since then).

Continued on page 2

DISCLAIMER: The information provided in the Main Gate, while believed to be currently accurate, is meant to be educational in nature and should not be interpreted as medical, investment, or legal advice. Consult your physician, financial adviser, tax advisor, or attorney before taking any actions based on information offered here.

LANL Benefits Updates—continued from page 1

For 2023, the Part B monthly premium for high-income beneficiaries ranges from $230.80 to $560.50, depending on income (this is a decrease from 2022, when the premiums for high income beneficiaries ranged from $238.10 to $578.30). For more information on changes in Medicare for 2023, please check the official Medicare website, www.medicare.gov. On the Medicare website you can check exactly what is covered under Part A and Part B Medicare. You can also download the official Medicare guide, Medicare & You 2023, which details all the policies and procedures for Medicare. The Medicare website also now has a feature to find and compare nursing homes in your area which can be helpful when searching for nursing home facilities for yourself or a loved one.

Deductables: The Part A hospital insurance deductible will increase to $1600 for 2023. The Part A deductible covers the enrollee's first 60 inpatient days during a benefit period. If the person needs additional inpatient coverage during that same benefit period, there's a daily coinsurance charge. It will be $400 per day for the 61st through 90th day of inpatient care (up from $389 per day in 2022). The coinsurance for lifetime reserve days is $800 per day in 2023, up from $778 per day in 2022. For care received in skilled nursing facilities, the first 20 days are covered with the Part A deductible that was paid for the inpatient hospital stay that preceded the stay in the skilled nursing facility. Medicare only covers skilled nursing facility care if the patient had an inpatient hospital stay of at least three days before being transferred to a skilled nursing facility, although this requirement has been waived for people affected by the COVID pandemic. There is a coinsurance that applies to days 21 through 100 in a skilled nursing facility. In 2023, it will be $200 per day, up from $194.50 per day in 2022.

New for Medicare in 2023: Historically, Medicare coverage for kidney transplant recipients has only lasted for 36 months after the transplant. But as of 2023, that's no longer the case. After 36 months, kidney transplant recipients will be able to continue to have limited Medicare Part B coverage for immunosuppressive drugs. This won't be full Medicare Part B, but it will cover the medications that transplant recipients must take for the rest of their lives to prevent their bodies from rejecting the transplanted kidney.

Medicare Open Enrollment: As Lab retirees with employer provided retiree coverage, we are required to have traditional Medicare with Parts A and B, so we can ignore all the ads for Medicare Part C, or Medicare Advantage plans, seen on television and in the mail advertising. Our Lab retiree benefits with Medical, Dental, Vision and Legal generally surpass the offerings of Medicare Advantage and provide more flexibility in seeking specialized medical care.

Additional Benefits: The inflation reduction act, which was recently passed by Congress, provides some additional benefits affecting our medical coverages. For example, there is a $35 monthly cap on insulin cost for those on Medicare. Also, Medicare is given the ability to negotiate drug prices for a number of specific higher cost drugs, and this could affect our cost for prescription drugs on our medical plans. It is always worth comparing costs with our prescription drugs, with the copays on our medical plans and the costs with free drug programs like Singlecare.com or GoodRX.com. For some prescription drugs, lower costs can be obtained using coupons from Singlecare.com or GoodRX.com, check at your local pharmacy for costs of specific prescriptions.

The U.S. Food and Drug Administration (FDA) recently issued a final rule to improve access to hearing aids, which may in turn lower costs for millions of Americans. This action establishes a new category of over-the-counter (OTC) hearing aids, enabling consumers with perceived mild to moderate hearing impairment to purchase hearing aids directly from stores or online retailers without the need for a medical exam, prescription, or a fitting adjustment by an audiologist. The rule is expected to lower the cost of hearing aids. It is designed to assure the safety and effectiveness of OTC hearing aids, while fostering innovation and competition in the hearing aid technology marketplace. Consult your physician to see if you have a moderate hearing loss which can be improved with this new option.

Energy Employees Occupational Illness Compensation Program: Many Lab retirees have seen the ads from organizations like Cold War Patriots. This relates to a compensation program passed by Congress and administered by the US Department of Labor. The Energy Employees Occupational Illness Compensation Program Act (EEOICPA) provides compensation and

Continued on page 3

LANL Benefits Updates—continued from page 2

medical benefits to employees whose work in the nuclear weapons industry made them ill. Survivors of qualified workers may also be eligible for benefits. The EEOICPA has two parts, Part B and Part E. Part E is limited to a special exposure cohort. Part B covers current and former workers who have been diagnosed with cancer, chronic beryllium disease, beryllium sensitivity, or silicosis, and whose illnesses were caused by exposure to radiation, beryllium, or silica while working at a covered Department of Energy facility or for a covered Atomic Weapons Employer or Beryllium Vendor during a specific time period. Certain individuals awarded benefits by the Department of Justice under the Radiation Exposure Compensation Act (RECA) are also eligible for EEOICPA Part B benefits. Benefits if approved under this program can be $150,000 compensation as well as additional coverage of medical expenses for covered conditions. Please check with the Department of Labor website for additional details on the EEOICPA program, if you believe this may apply to you.

Phone numbers and websites for Retiree Benefits programs and resources are listed on the following page 4. Information in those resources were essential in developing the summary above.

We hope our readers will have a healthy and enjoyable holiday season & new year. Please continue to contact us with any benefits issues and concerns.

Norman Delamater is a Ph.D. physicist (graduated University of Florida) who worked in the Inertial Confinement fusion program at LANL from 1985 performing laser fusion experiments at LLNL Nova laser and University of Rochester Omega laser. Norm retired LANL in 2012 and then taught Statistics as Adjunct Faculty in the Math and Science Department at Northern New Mexico College until 2021. He currently volunteers with the LRG board and runs an investment discussion group which meets weekly at the White Rock Senior Center. Norm lives in Los Alamos with his wife and enjoys being grandfather to two grandsons also living in Los Alamos.

Morris Pongratz — President (acting) of LRG

Morris (Morrie) is the present acting President of the Laboratory Retiree Group (LRG), serving from July 1 to December 31 of 2022. For a recent board meeting on Zoom, he joined in from a tractor cab while helping with the corn harvest.

He worked at EG&G, Los Alamos, and LANL, starting in 1973 and retiring in 2012, then continuing as a guest scientist until 2017. His work included nuclear test diagnostics, active experiments in space, satellite-based test ban treaty monitoring, and nuclear forensics.

In addition to LRG, Morrie has been a volunteer in a broad range of organizations in the community, with a strong focus on youth. He also served on the Los Alamos County Council and Los Alamos School Board. He was named a Living Treasure in Los Alamos in 2011.

On the job in the middle of his family's cornfield in Nebraska. Photo from LA Daily Post 10/20/2022

Laboratory Retiree Benefits websites & resources:

Empyrean:	1-844-805-0002, www.lanlbenefits.com
Blue Cross/Blue Shield of New Mexico:	1-877-878-5265, www.bcbsnm.com/lanl
BCBS Behavioral Health Unit	1-888-898-0070
Express Scripts:	1-800-838-4590, www.express-scripts.com
Delta Dental of New Mexico:	1-877-395-9420, www.deltadentalnm.com
Davis Vision:	1-800-999-5431, www.davisvision.com/members
ARAG Legal:	1-800-247-4184, www.araglegal.com Access code: 14822lal
Medicare:	1-800-MEDICARE or 1-800-633-4427, www.medicare.gov
Laboratory Retiree Group	www.lalrg.org

LANL Pension Center for LANS/Triad defined pension plan,
TCP1 pensions, AonHewitt: 1-866-370-7301,
https://pension.hewitt.com/losalamos

University of California Retirement Plan, UC Retirement Administration Service Center at UCnet:
1-800-888-8267
https://ucnet.universityofcalifornia.edu/contacts/rasc.html

California Public Employees Retirement System (CalPers):
1-888-225-7377, https://www.calpers.ca.gov/page/retirees

Energy Employees Occupational Illness Compensation Program:
1-866-888-3322, https://www.dol.gov/agencies/owcp/energy
https://www.energy.gov/ehss/energy-employees-occupational-illness-compensation-program

LRG News

Morris Pongratz — acting LRG President for July 1 to December 31, 2022!

Alan Wadlinger — acting LRG Vice President as of July 1 to December 31, 2022, then acting President for the following 6 months!

Leigh House: thank yo**u** for his service handling necessary document submissions for the LRG & leading reviews of the LRG By-Laws!

Treasurer Sheila Girard explains that the address label on your Main Gate indicates your dues status. The date on the label indicates the date for which your dues have been paid.

Laboratory Retiree Group Directory As a service to current LRG members the LRG Directory, mailed each February, contains the names and available information for every present and past LRG member, whether that member is in good standing or not. Some listed in the Directory have passed away or experienced life changing events: marriage or change of contact information. It's important to update your profile with the LRG so we can better serve you. Or if you know of a life change of a fellow retiree in the Directory please update us. Contact information is on page 9.

An Annual Meeting is typically held in May of each year for all members who wish to attend, with lunch provided.

LRG Board meetings are held on the third Wednesday of each month, hosted by Dave Schiferl on Zoom

We will continue to meet on Zoom until further notice.

First Tuesday Breakfasts have resumed.
LRG members and guests who are fully vaccinated are welcome. Coffee is provided by the LRG.

Morning Glory Restaurant
1377 Diamond Drive
8:30—10:30

The CDC advises that the vaccine takes full effect two weeks after the final dose.

50 Years of LAMPF/LANSCE: Early developments

LANL has been celebrating the 50th anniversary of Los Alamos Meson Physics Facility (LAMPF) during 2022 and has published several articles about capabilities and technical activities (see references on page 9).

LASL 67115-9 — LAMPF photos are from the James Little collection, held by Los Alamos History Archives

Many retirees were deeply involved with the initial development, construction, and operations of the accelerator and initial experimental areas. For this issue of the Main Gate, we have summaries of two oral history interviews. The first with Oland (Dale) Thompson, an engineer at LANL from 1974 to 1993. Dale also helped organize LRG in 1995, and served as Vice President and President until he passed in 2021 (his leadership is greatly missed). The second with James Little, an electrical engineer and safety officer that joined LANL in 1967 after working on the Rover nuclear rocket engine project in Nevada.

Dale Thompson — Oral History Interview about working at LAMPF as told to David Schiferl

In November, 2011, Dale Thompson did an oral history interview with Dave Schiferl about working at the Los Alamos Meson Physics Facility (LAMPF) as the Assistant Area Manager under Director Louis Rosen in the early 1970's. He discussed at length how he worked closely with the Zia Company. Most of our readers will know that the Zia Company was responsible for the trades in construction and maintenance at the Los Alamos Scientific Laboratory (LASL), as it was known then – but it doesn't hurt to mention it.

Four of Dale's best stories have been selected from that interview:

An assignment: someone to blame

My association with Louis Rosen was that at the time they were upgrading all the shielding. Well, about the end of June, Louie had this meeting and had all his people from his user group and lot of our group leaders, things like that. And so I was invited to this meeting. Louie Rosen says, "Well, we've got a problem -- if things go as they are, with the ironworkers' cost, we're going to run out of money at the end of July. And I will have to send everybody home 'til we get to the first of the year, the fiscal year -- and that's not going to be good, because we're not going to finish [during] the shutdown."

Then he says, "Well, turns out since that's where all money's going, I'm going to put Dale Thompson in charge of all the shielding and see what he can do. But the main thing is, we need to have someone we can blame.

Continued on page 6

50 years of LAMPF/LANSCE
Dale Thompson — continued from page 5

So at this moment, everybody can blame Dale." Of course this is sorta unusual because I was young at this game. I had never heard Louie Rosen say or do humor of any kind, and so I go, "Oh."

So that was the game plan -- that when we failed, then we had someone to blame. Well, his next comment was, "Since we're going to blame Dale for everything, anything that Dale wants, or says we should do, we will do, and any support he needs, we will give him. So that's our top priority." And he says, "Anything with the Zia company, Dale, you just let me know." And so that was my mandate to try to have money by the end of the year, and keep the ironworkers from spending it all.

Planning for snow

Rosen was very, very cost conscious, and he would come out in the morning, and see what we were doing. One day came up to me and he says, "You know it might snow tonight or snow this afternoon." And I said, "Well, you know that's what I heard, and as soon as it starts snowing, I will bring these ironworkers here, and I'll put them there, and we'll shift everything around -- so the snow's not going to be a problem."

So he looked at me and says, "You already figured all this out, hadn't you?" And I said, "Yes, sir." And from then on we had a fairly good rapport.

Smart Ironworker

Because he was so conscious of the money, he really watched what the ironworkers were doing. He looked down one time, and there was an ironworker sitting on a big slab of steel. So, Rosen went down there and very abruptly says, "Why aren't you working?" and the ironworker jumps up, realizing that this is Rosen, and thought a moment, he says, "Well, you know, I've got a problem because I don't have steel to cut -- it's at one of the big cutting tables, and I don't have the prints to make the cut."

Of course, this did not make Rosen happy, so he comes out, and eventually runs into me and says, "You know, we caught this ironworker who wasn't working, and he didn't have the materials and everything." So I went down there and checked out with the ironworker and everything. I went back, reported back to Rosen, and I said, "Well, the problem is that the Director caught a very smart ironworker." Rosen looked at me sort of funny, "What do you mean?"

LASL CN69437

"First of all, the steel that he was supposed to be cutting -- he was sitting on, and the prints that he was to have -- he was sitting on those, too.

"So, instead of saying 'I'm sitting on my ass not doing anything', he came up with this exotic story, of not having a forklift -- didn't have the steel -- didn't have the deal."

So Rosen sort of looked at me and says, "Smart ironworker."

"Yes, sir!"

Optimizing shielding production

One of the problems that we were having, we were actually putting [only] two sheets of shielding per shift. If we kept [up] at that rate, we'd never finish by the new [fiscal] year, and the other thing is -- we'd go broke anyway. So I and another engineer, we made appointment with the Zia Company to talk to them about this cutting table. Now the night before, this other engineer and I went out and watched them cut on the cutting table. And of course we were sitting there with our timers, and we timed the cuts. And so we said, "We found our problem -- they would finish cutting the steel, and then when the foreman came around, the guy would say, 'Well, I need a forklift to take off the steel.' -- things like that."
So, we decided we're going to have the meeting with the Zia Company -- at that time you could talk to the head guy. So we make an appointment about 2 o'clock, and I says to Rosen -- he had said that when he gave me the job that if I ever needed any help, let him know -- So I saw Rosen and I said, "You know this would be an excellent time if you just call over there and tell them that we're gonna come for this meeting, and we have a lot of problems we gotta solve."

Continued on page 7

50 years of LAMPF/LANSCE
Dale Thompson — continued from page 6

Well, we walk in there to the head of Zia, and this guy jumps off his chair -- runs over to me -- shakes my hand -- he says, "Rosen just called me, and apparently anything that you want is yours -- and if you like to, here's my chair." I said, "Well, I don't think that's necessary."

We chatted with him about the cutting table, and of course all his engineers, they're sort of embarrassed, 'cause they hadn't really timed the table or anything like that. And I said, "Apparently, when they finish cutting, there's no forklift to take it off." And there was only one designated at Area 3 at that time. So I said, "What I want to do is buy one more forklift that his job is 100% at the table." The cutting rate increased by a factor of 10!

And we had a lot of problems with trying to cut stainless steel on armor plate. So at this meeting, I said, "The next problem is these welds." And so we chatted with these ironworkers and they said, "Well, you can do this . . ." – Another would say, "Well, you can do that . . ." -- "Or, you could do that . . ."

I said to the head of Zia, "Okay, I'll tell you what -- I want three cutting tables built, and I want each group to try their deal." And within a week, we were cutting stainless steel welds. And they'd come up with all kinds of tricks, and they tried them out. And whatever worked, that's


LASL by Henry F. Ortega

what they went with -- and plus like I said, the table really kicked up. And then they took that technology type and put it on the big table also, so that we wouldn't have any slowdowns.

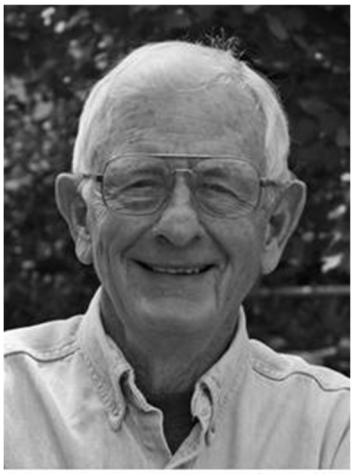
I'm not sure what Rosen told the head of Zia, but we got a response that we were just overwhelmed with! So I told this engineer, "You know they probably expected us to maybe go in there and shut 'em down. And right now, what did we do? We hired seven more ironworkers."

It turns out that from then on, the rapport with Zia was just unbelievable -- and every now and then the head of Zia would say, "Well, Rosen hadn't called me, but if you want my chair . . ."

James Little — Oral History Interview about working at LAMPF as told to David Janecky

When I came up here my office was shared with Ray Gore and we were in the basement of the Physics Building. And in the little annex, we built a prototype, or mockup, of the accelerator and ran some tests. So I got involved in that. At the same time, we were building the facility. I was out there tramping around before there was anything. And watched it develop from ditches in the ground that the Caterpillars were digging in there which then became the beam line, which was pretty interesting.

I came out from Nevada because the Rover Project was dying. And it was time that I needed to find another job. So Gore and I and others were working on that prototype. But then I ended up with responsibility to design, develop, and install a lot of the control system for the 805 section of the accelerator – the major long part of the accelerator.


Photograph © Jim Gautier

I did not know anything about construction. I did not know anything about how to work in a facility that was going to be that big. And so as the concrete got poured and the equipment got installed, I got to define what I wanted to see for the controls grounding system. Because this was spread out over that length of half a mile and I knew that grounding was going to be an issue. I defined and had installed the

Continued on page 8

50 years of LAMPF/LANSCE
Jim Little — continued from page 7

capability to ground the whole thing together. And during that part of the development, the division leader asked me to chair a standards committee. That was kind of a fun thing too. We produced a manual that defined stuff from connectors to vacuum systems to grounding systems to all that sort of thing so that people could connect to each other. Developed a system so that systems could talk to each other.

The instrumentation was fun. There were challenges. The radiation created challenges, especially with insulation. Like my recent mouse in the house phone wiring. Part of the instrumentation was a harp like device with many wires that got inserted into the beam line and then pulled out. To help in beam tuning. Those were driven in and out with stepping motors to look at the beam that way. Vacuum systems were always a difficulty because vacuum is vacuum. One of the things that was fun was that I bought from commercial vendors or had designed by commercial vendors power supplies for magnets and for ion pump vacuum systems. Probably bought two or three hundred power supplies for beamline magnets. And so that was one of the things that was fun and difficult. I ended up traveling so much of the time on those purchase order agreements. To see that they were building what we needed, write specs and evaluate what the vendors had submitted against the specs. Then go and watch the process of getting them built in New Jersey or in Texas or in California or wherever it was. I also ended up buying a lot of the analog digital interface equipment to the computer. Multiplexers which sampled every so many milliseconds. I was able with help from some of my staff to define what was needed there. Write the specs and get those things bought and installed.

LAMPF was the first fully computerized accelerator ever built. We had a lot of ground to plow up and decisions to make. Of course, that was part of the standards committee too. So then, after we got all that stuff ordered, the next job was to get it installed. So what do you put all this stuff in? We rustled around and found a sheet metal manufacturer in Herman Missouri that had just gotten in the business. They used to make drinking fountains and ice boxes for railroad cars. They converted to making 7 foot tall racks to our standards committee design. I can't remember how many of those racks we purchased. They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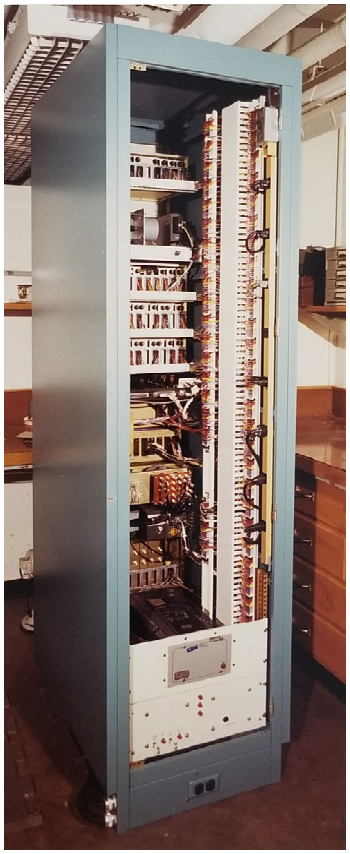
are still in use out there, those blue racks. That all worked out pretty well. We continued to do that through the transition area, and at some level did that in the experimental area. But not nearly so big an effort as it was in the 805 where there were 50 almost identical modules. Then when the installation got started, after we thought it was all installed, there was a checkout phase – do these stepping motors run in the right direction? Or did the vacuum pumps turn on instead of off when you wanted them to? All of those things had to be checked one by one by one. That was a period of time when I think I lost a lot of weight, we had a stairway in each module that went down into the beam line and I would run up and down checking this and fixing that. And a lot of satisfaction seeing that come together.


LASL CN68-1595

I was working in the back of a rack one day getting something checked out, down on my hands and knees, and I heard something behind me and I pulled my head out of the rack and it was Louie [Rosen]. He said is there anything I can do to help you. And I thought, there is an

Continued on next page 9

50 years of LAMPF/LANSCE
Jim Little — continued from page 8

example of a leadership management style. Wow, that is really great. He was there. He did not specifically know the details of what I was doing, but he would learn if I asked him to do this or that. And that happened a lot of times. He was out there, management by walking around.

The day that we first got 800 MEV through the line. That was an exciting time, to be in the control room while the people were threading that beam through the accelerator and making sure that it did not get lost and create problems with radiation pollution and stuff along the beam line. So that was a big day.

Then when we got the 800 MEV going, there was a lot of development work. This did not work quite like they anticipated, and we needed to redesign this little guy or change how this operated. A lot of retrofit as they brought it up to a milliamp of current, which nobody had ever done in an accelerator before. A milliamp was just unheard of.

Then I went to the experimental Area A and worked out there developing controls. And worked with the designers of the beam line and the magnet designers. And then designed and installed the DC installation for the magnets along the beam line. Using copper cable. Those were the beginning of the days when copper was in such demand. It was in part in so much demand because we used it in building the side-coupled LINAC tanks for the accelerator. I bought rolls of 1 inch diameter copper locomotive cable which is very flexible with small conductors in a big package. I bought bunches of that and then worried about how I was going to keep it from being stolen.

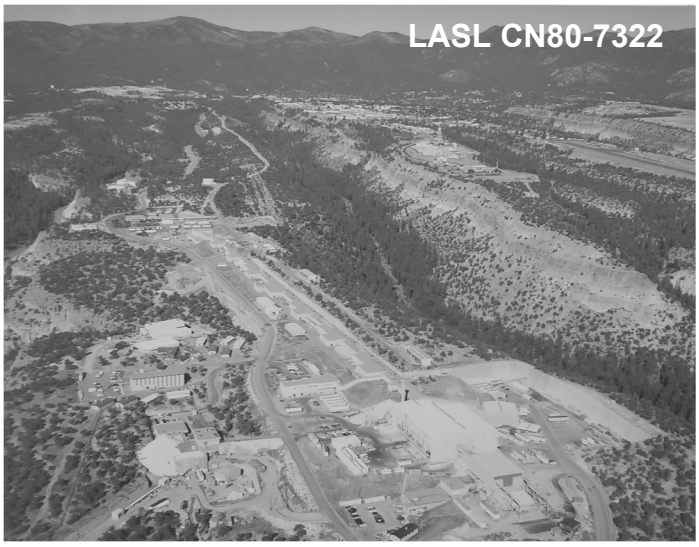
Then there was the beam switch yard. There were mega problems in the switch yard that needed to be done. And how did you switch the beam back from one place to another, pulse by pulse. That involved some fancy high voltage stuff, and fancy steering magnets that had AC current through them that we developed and could control. Again it was people that were so important and fun to work with.

I was primarily on the electronics and vacuum side – that is my background, really. Although, I did a fair amount of DC power engineering for distribution of magnetic power leads. I did not have experience with that, but you learn that as you go with a handbook. That is not something they taught me in college. Paul Elkins had more to do with the accelerator control systems, data acquisitions stuff, the digital stuff and interface to the computer systems. I knew him when he just got out of the service – he joined us in Nevada on Rover. Seems that Rover was a hunting ground for the LAMPF facility.

We had a steering magnet that steered the beam in the switch yard either to the south to the proton ring or north to Area C. I did not think about that those DC power leads would not stand still. That was a surprise, that we took care of pretty quick. Then you think about the right-hand rule.

When we got the beam through Area A and all the tons and tons of shielding, steel blocks and concrete blocks. And got the beam into the isotope production facility and they started making isotopes for medical purposes. I worked out there too.

People were always the highlight. I had an incredible crew. I always tried to run interference for them so they could do their jobs. I tried to gather the information for them that they needed and let them do their jobs. And that almost always worked out well. I can't even think of a time when it didn't. People were just great. And one of the highlights was the undergraduate program where we could hire undergraduates for a summer, be a mentor to them, and give them real life things do. Always the kids and people were the highlight.



Reference links & supplementary materials

Discover Los Alamos National Laboratory 1663
https://discover.lanl.gov/publications/1663/september-2022/50-years-of-beaming
LANSCE History https://lansce.lanl.gov/about/history.php
Los Alamos Neutron Science Center formerly know as Los Alamos Meson Physics Facility
https://en.wikipedia.org/wiki/Los_Alamos_Neutron_Science_Center

Historic photographs note: if you have photograph collections, please consider donating them to the Los Alamos History Archives www.losalamoshistory.org & archives@losalamoshistory.org

How to Take a Nap
Joyce Wolff

First, we need to determine and define what a nap is or isn't. Merriam Webster says it's "to sleep briefly especially during the day." With that knowledge we can include napping in the classroom when things get boring and napping in church possibly from a guilty conscience or an over-late night-out. But it is tricky to nap while sitting upright at a desk or in a pew. On the other hand, some master nappers can nap not only upright but staring at the teacher with unblinking eyes. They do risk embarrassment if they are called on, however. Data doesn't show if this type of nap is actually restful. We can certainly eliminate "Mamma in her kerchief and I in my cap" because those two were in bed for the night. On second thought perhaps they were only pretending to sleep to get the children down. They did have a wagon and doll house to put together yet before morning. My further definition of a nap is that, although the dictionary says "brief", I feel one can sleep for about an hour and call it a nap. Slightly under or over this time is OK. Thomas Edison, I've read, took only cat naps, and then returned to inventing the light bulb. A two-hour nap is a stretch and if you are that tired you should don your kerchief or cap and repair for the night.

Why do we need to sleep during daylight hours anyway? What do we expect to gain? For most of us the goal is to briefly get away from the activity of the day and wake up refreshed. When the doctor suggests bed rest, I think he refers to more and extended naps. The goal here is better health and healing. An exhausted mother of three very young children takes a nap as her time out. Hopefully she can grab a few winks to save her sanity while the toddlers doze. Little children are successful nappers because like cats they just close their eyes and sleep. No counting to ten and doing relaxation exercises – just zonk. A cat naps out of boredom. It can close its eyes one minute and be awake in a heartbeat requiring no waiting time to be acutely alert, ready for whatever comes next.

Location - location - location. Let's look at some examples of good nap procedure that potential nappers might follow. Site selection is important. My cat, Tully, first chooses an appropriate spot, usually a soft chair or sofa cushion, on top of the bed or perhaps under it. His ideal nap site is on top of the black sweater I've just laid out to wear that evening. The sleeping site must be not too soft and not too hard as Goldilocks discovered. A hammock on a balmy sun-drenched day is probably the perfect nap site. The gentle swaying under the whispering pines where birds are happily awake is ideal. These are perfect nap conditions. Getting a good physical workout in the morning is conducive to a restful afternoon nap. If you've had a beer for lunch, you can't miss.

So, we see based on the busy mother and the aerobics teacher that exercise is helpful for napping. Exercise clears the mind, tires the body, and brings relaxation. Sometimes a nice rain shower can cause drowsiness although it is difficult to nap in a pelting hailstorm especially on a fireproof metal roof. For better luck try again on a cloudy, lightly drizzling day.

Rip Van Winkle is a cautionary tale that serious nappers, like my husband Walt, should have taken seriously. We were married for many years and I learned that he could nap anywhere: in a recliner, in a comfortable chair with a back high enough for him to rest his head, on top of the bed in the afternoon, or in the car without a comfortable head rest to provide support. In his case location didn't matter a lot. His ability to sleep well and soundly for a short time was based on a clear conscience or at least a conscience that he could set aside temporarily. I think he was extremely lucky not to have drifted off sleeping through a decade or so, such was his ability to doze off.

Nursing home napping is always amusing to the young or at least to those not yet acknowledging that they may ever go to one. In these cases, I'm sure calming drugs and huge government prescribed meals contribute to these rests. My stepfather's nursing home ward in California held five beds, all lined up in a row. One afternoon I stepped inside the door to find five old men each one in identical positions, lying on their backs, covered by a sheet up to their chins, heads slightly tilted back, eyes closed with mouths agape. They looked cloned. Not a pretty sight and sad as well, but they were sleeping well. I think they were sleeping.

Continued on page 11

How to Take a Nap — continued from page 10

If you plan to nap in the car, you must support your head from lolling and banging on the window or dropping on to your chest. The rhythmic motion of a moving vehicle is a natural sedative, especially on a deadly boring trip across Kansas trying to count siloes. Car naps may be interrupted every minute or so when you briefly rouse and realize that your mouth is hanging open requiring you to jerk your head and clamp your mouth shut for the tenth time. Amazing how one's mouth can fall open when you're pretty sure you're awake. It's just one of life's little jokes. In all these examples I am of course referring to the person in the passenger seat, although I have followed drivers in traffic who appear to be dozing. Getting sleepy in a car is exactly why parents take their screaming infants for a ride. The kid passes out immediately. Trying to nap in a plane is tough unless you're in first class. On a plane however an infant rarely naps as we all know.

A reminder for drivers:
DO NOT NAP WHILE DRIVING.

The bottom line is there is no correct way to take a nap. It's all subjective. We see that napping can be a precise art or it can be slapdash. Rip Van Winkle and Goldilocks make it clear that accidental naps are doable under unusual conditions. Soft beds, hard beds, or on the ground under a tree in a New England wood have found nappers, napping well. The process is an individual process like learning. It's strictly up to the individual, We think of pleasant surroundings, comforting sounds, exercise, alcohol, and reduced stress make for better naps, but they aren't mandatory. Just get comfortable, take off your shoes and relax. You've earned the snooze.

Note: Joyce Wolff is the *Emeritus* Editor of the Main Gate and wonderful continuing contributor.

Stay Informed

A list of resources on page 13 can keep you informed of happenings in Los Alamos, in the LANL Community, and more broadly.

Additional websites that are full of information include

LANL Bradbury Museum website, ***lanl.gov/museum***
National Atomic Testing Museum in Las Vegas, NV ***nationalatomictestingmuseum.org***
Manhattan Project National Historic Park ***www.nps.gov/mapr/index.htm***

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LANL In Memoriam

By Jack Clifford

Jeanne Aeby	Theresa (Teri) Daly	Roman Martinez
Lewis E. Agnew Jr	Ethen L. (Swede) Ekberg	Jack C. Milligan
Charles T. Apel	Brian W. Emkeit	Carol Ann Mullaney
Mary Louise Aragon	Henry Fisher	Jo Ann Painter
Walter Barfield	J. Arthur Freed	Robert Patton
Ann Louise H. Beyer	Helen Fuller	Warren E Quinn
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Keith Carter	Danny Katzman	Sharon Scarlett
Jerry P. Conner	Sam Kendricks	Thomas J. Shankland
Medardo B. Cordova	Merrill E. Kenyon	Desmond W. Stack
Theodore A. Codova	Erwin Kiemle	Kenneth V. Stacy

The preceding names have not been listed in LANL Memorium before.
An obituary can frequently 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.

A Christmas Wish by Joyce Wolff

I want to share a sweet fleeting moment I enjoyed many years ago with my 5-year-old great granddaughter, Sarah.

Just before Christmas, family and friends were attending a little celebration at my daughter's home. The adults were sipping and munching and laughing while Sarah, along with her sisters and cousins, were acting like children on the verge of the Christmas season. They were happy and excited by the party and the brightly lighted tree and whatever else it is that makes little girls giddy.

She came bouncing up to me in the kitchen and asked for a drink of water. I poured water from the faucet into a little paper cup which she took carefully in both hands. She became quite serious as she turned the cup 'round and 'round carefully studying the little band of tiny flowers that circled the top. She said thoughtfully, "This cup is beautiful."

It was charming and dear, and I spent some time seeking a deeper message in this small thing. It inspired my holiday wishes.

I hope we will, on occasion, step out of the noise to enjoy a quiet moment.

I hope we will observe through the uncomplicated eyes of a child.

I hope we will appreciate the common that is overlooked.

The LRG Board hopes your Holiday season is joyous and that all your paper cups are beautiful.

Stay Informed

Los Alamos news on line with the *Los Alamos Daily Post* and the *Los Alamos Reporter*
LANL news and more at: *discover.lanl.gov*
Bradbury Science Museum news with their monthly online newsletter: *@theBradbury*
LANL Foundation Scholarship news monthly email newsletter at: *lanlfoundation.org*
Laboratory Retiree Group (LRG) at: *www.lalrg.org*
Los Alamos Chamber of Commerce at: *losalamoschamber.com*
Plan a trip with UC Retirees: *ucretireestravel@gmail.com*
LLNL retiree website: *www.livermorelabretirees.org*
LBNL retiree website: *retirement.berkeley.edu/ex-ls*

LABORATORY RETIREE GROUP (LRG)
Working to Protect Retiree Benefits & Information Sharing

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 per household, 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 newsletter 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.

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The LAESF Advisory Committee awards a $1,000 Workforce Retirees' scholarship to a deserving student each year based on both scholarship and financial need.

To donate go to the LANL Foundation website:
lanlfoundation.org
Mike Ammerman is the scholarship program manager & can be contacted directly at
mike@lanlfoundation.org or 505-795-3778

Making differences in a young lives, one at a time.