

DOE awards River Corridor Contract

A contract designed to accelerate risk reduction and closure of the 210-square-mile Columbia River corridor of the Hanford Site has been awarded to Washington Closure Company, according to an April 25 announcement by Deputy Secretary of Energy Kyle McSlarrow. Washington Closure Company, with headquarters in Boise, Idaho, is a partnership of Washington Group International, Fluor Federal Services and Earth Tech.

Deputy Secretary McSlarrow lauded the approach being taken under the new contract, which is designed to increase competition, pay only for results, and provide incentives for the contractor to finish cleanup work ahead of schedule and under budget.

“This action supports President Bush’s call for accelerated cleanup of legacy waste,” McSlarrow said. “Under Secretary Abraham’s leadership, this is another significant step DOE is taking to demonstrate its commitment to accelerating environmental cleanup at Hanford.”

The River Corridor Closure Contract replaces work currently being done by the Environmental Restoration Contractor team, led by Bechtel Hanford, and the 300 Area decontamination and decommissioning work led by Fluor Hanford.

“I’m extremely proud of the work done by the ERC team over the last nine years,” said Bechtel Hanford President Mike Hughes. “They have consistently delivered outstanding cleanup progress at Hanford ahead of schedule and under budget. Hanford’s landscape and skyline are far different than they were nine years ago. They made good on our commitment of ‘Progress as Promised.’”

The contract is structured in two phases. The first phase, to be completed in eight years, includes placing three defunct plutonium production reactors into Interim Safe Storage (“cocooning”), demolishing reactor-area structures, remediating 269 waste sites and 46 burial grounds, and taking down surplus buildings. The contract includes an unpriced option for performance of the second phase, which includes cocooning three additional reactors, remediating four burial grounds and 240 waste sites, and demolishing 218 surplus facilities.



During the recent visit of Deputy Secretary Kyle McSlarrow to Hanford, DOE officials and Hanford contractor personnel got a rare view from the top of F Reactor, where “cocooning,” or Interim Safe Storage, is scheduled to be completed this year. On April 25, McSlarrow announced that a \$1.05 billion contract for reactor cocooning and other cleanup work in Hanford’s river corridor has been awarded to Washington Closure Company, a partnership of Washington Group International, Fluor Federal Services and Earth Tech. The company will begin its transition immediately and will formally take over the River Corridor Closure Project on July 24.

DOE awards River Corridor Contract, cont.

Except for two burial grounds requiring special handling capabilities, and continuing groundwater remediation and monitoring, the two phases of the contract will complete Hanford's cleanup of the river corridor and shrink active Hanford cleanup operations to just 75 square miles in the center of the site.

Washington Closure Company has committed to completing the first phase of the workscope for \$1.05 billion. For every dollar the work comes in under that "target cost," the company will receive \$.30 in additional fee. For every dollar in increased expense, the company will lose \$.20 of its fee. The company submitted a proposal that features innovative techniques to clean up and restore the site while aggressively cutting the cost to the government. Its proposal was chosen for both its technical advantages and its low costs, according to McSlarrow.

"Our Washington Group partnership provides the experience, framework and strength necessary to accelerate cleanup at the Hanford Site for the benefit of DOE and the taxpayers," said Stephen Hanks, president and chief executive officer of Washington Group.

"This contract makes real our commitment to accelerate risk reduction and cleanup of the Columbia River corridor," said Jessie Roberson, DOE assistant secretary for Environmental Management. "Its award follows the schedule and scope outlined in the Department's Performance Management Plan for Hanford, and furthers DOE's significant contract-reform goals. It's the right contract to meet the expectations of the citizens, regulators and stakeholders of Washington State, and a great deal for the taxpayers of this nation." ■

Picture Pages



A DAY OF DISCOVERY: Staff members of Pacific Northwest National Laboratory, including lab director Len Peters (left) and deputy director for Operations Don Boyd (center), look on as youngsters explore a wildlife exhibit in the Battelle Auditorium on Take Our Daughters and Sons to Work Day April 24. More than 400 boys and girls participated in this year's event.

YANKEE DOODLE DANDY: The Hanford Chapter of the National Management Association kicked off its Fashion Show and Wine Tasting on April 24 with an "All American" theme, and John Umbarger of Fluor Hanford paraded down the runway as "Uncle Sam." The annual fundraiser, hosted by the Community Service division of NMA, supports organizations such as the Boys and Girls Club, Junior Achievement, the Boy Scouts and Girl Scouts, the Crystal Apple Awards, the American Enterprise Speech Contest and Washington Business Week. Approximately 150 people attended this year's event. Over \$2,000 was raised to support local youth programs.

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Picture Pages



AND THEY'RE OFF! Approximately 650 of the 1,000 registered walkers braved the cold and constant threat of rain to walk on behalf of the March of Dimes April 26. The WalkAmerica fundraising event is anticipated to meet its goal of \$260,000 this year, thanks to the many walkers and corporate sponsorships. The 2003 event had its highest level of corporate giving to date, raising \$61,000 with more than \$25,000 coming from Hanford Site contributors.

Future of high-level waste disposal rests on research

When the first canisters of Hanford's highly radioactive tank waste are shipped to the proposed repository inside Nevada's Yucca Mountain later this century, the event will be heralded as a major achievement, due in no small part to research taking place today inside the Radiochemical Processing Laboratory in Hanford's 300 Area.

The RPL, sometimes referred to as the 325 Building, houses state-of-the-art research equipment and an expert staff seeking to answer questions about the long-term performance of the repository. The research being done here will aid in the Department of Energy's application to the Nuclear Regulatory Commission for authorization to construct the proposed repository and to receive and hold the waste when that time comes.

"Our task is to understand if there is a real-world possibility of waste escaping the repository — and, if so, how it could occur," said Brady Hanson, Pacific Northwest National Laboratory project manager who is leading a team studying four specific aspects of waste migration. They will use their data to develop computer models that will show the degree of risk the radioactive materials could pose to public health and safety and the environment if the containers are eventually breached.

"Historically, we've always looked at worst-case scenarios," Hanson said. "Now we are looking at realistic scenarios to understand what would really happen, not what *might* happen."

Hanson's team of scientists in PNNL's Radiomaterials Chemistry organization is building computer models that will simulate scenarios involving a variety of radioactive materials such as N Reactor fuel, mixed oxide fuel and other spent nuclear fuel forms, as well as vitrified high-level waste, which would be put in the repository.

The first issue the scientists are examining is referred to as Waste Form Oxidation. The study involves what happens to the waste material if a hole opens in the sealed double-shell container known as a waste package. Researchers will study the corrosion rates of the fuel and other waste forms under both relatively dry and moister conditions.

A second examination will look at how fast the waste would dissolve if exposed to water and how quickly it would escape the container. The third study looks at colloid formation — in other words, how radioactive materials adhere to microscopic particles that could be carried along by groundwater. The fourth area of study focuses on which radioactive materials will actually dissolve, how readily they will dissolve, and how the movement of groundwater could transport them.

Results of the research are to be completed before DOE submits the license application in December 2004.

"All of this information is essential to understanding the natural processes that could occur in and around the repository, which could impact the ability of the repository to get a license," Hanson said. "And, without a license, no waste will leave Hanford or anywhere else in the country."

PNNL is conducting the research in conjunction with Argonne National Laboratory in Chicago. Other laboratories across the country are looking at other aspects of the repository licensing requirements. ■

Other PNNL research highlights:

Fueling up on Mars, modeling climate change, replacing the ordinary light bulb

Leave for Mars without fuel to return? — Engineers at Pacific Northwest National Laboratory propose to make travel to Mars more feasible with microchannel process technology. Engineers are developing a light-weight micro-chemical processing plant about the size of a desktop personal computer. The processor would convert carbon dioxide from the Martian atmosphere into the propellant and oxygen needed for the return trip. Considering the cost of putting items into orbit can be as much as \$20,000 per pound, packing fuel from Earth for a return trip would be incredibly expensive. Producing the fuel while on Mars would be much more practical.

Global warming could leave salmon high and dry

— Changes in rain and snowpack patterns anticipated by global warming could significantly affect all who depend on water for survival, including fish. Under future climate scenarios, changes in stream temperatures may delay upstream migration of adult salmon, and an earlier spring snowmelt would compress the time for spawning, incubation and rearing of smolts. PNNL scientists have established a climate model for the Yakima River Basin, with three possible scenarios based on predicted increases in global population, economic growth and energy production. This modeling tool will be a valuable resource for water-resource managers as they grapple with issues and decisions related to global warming.

Lighting the future — Solid-state lighting is an emerging technology that could change the way we light homes, offices and industrial facilities. Novel organic and inorganic thin films would replace conventional sources such as the light bulb. PNNL is assisting the Department of Energy's research and development of a key technology called Organic Light-Emitting Diodes. In its simplest form, an OLED consists of a layer of organic luminescent material sandwiched between two electrodes. Using organic light-emitting molecules, lighting sources could potentially be applied like wallpaper or even painted onto a surface.

What chemicals are in our air? — PNNL's Chemical Testing Chamber may play an important role in homeland security and other vital protections needed in today's world. The testing chamber can be used to identify harmful chemicals in the air and to test the performance of sensors used to detect weapons of mass destruction. The chamber is different from other chemical testing facilities in that it gives scientists the capability to work with very low concentrations that are characteristic of semi-volatile chemicals. Semi-volatile chemicals are used to produce pesticides and herbicides, but also can be used in chemical weapons. Scientists at PNNL recently began final performance testing of the Chemical Testing Chamber and expect to have it ready later this spring. ■



At one of its state-of-the-art facilities, PNNL conducts organic thin-film research in the pursuit of revolutionary low-cost, efficient lighting.

HFD to conduct prescribed burning on site

Beginning today, the Hanford Fire Department will be performing prescribed burning activities in the Washington State Department of Transportation easements along State Route 24 and State Route 240 to remove large areas of very volatile dried cheatgrass and pockets of debris weeds and tumbleweeds, to create improved fire-management zones and to reduce the presence of nuisance vegetation along Hanford Site boundaries.

The prescribed burning is taking place in coordination with the Washington State Department of Transportation and with the approval of the Department of Energy along State Route 24 from the Vernita Bridge to 3.5 miles west of the Yakima Barricade, and along State Route 240 between mileposts 9 and 20. Prescribed burning activities will also take place on the Hanford Site where large numbers of tumbleweeds have accumulated.

Burning will occur on a day-to-day basis, weather permitting. Before each day's burn, fire-line perimeters will be inspected for integrity and the day's burn plan will be reviewed with the burn crew. The burn will be conducted in small sections, and every effort will be made to ensure that the fire is extinguished before moving to the next sections.

WDOT flagging crews will provide traffic control along the state highways. Hanford Fire Department ground personnel and crews of two pumper tankers and one water tender will be conducting the burns.

With the potential for another extreme wildland fire season, Hanford Site employees and visitors are reminded to always call 9-1-1 (or 373-3800 if using a cellular phone) to report any smoke or fire conditions.

Contact Hanford Fire Chief Donald Good at 373-1311 for more information. ■



Hanford Fire Department crews will conduct prescribed burns to reduce volatile dried nuisance vegetation and improve fire-management zones along Hanford Site boundaries and along State Routes 24 and 240.

CH2M HILL safety slogan contest open at Expo

With recent changes to its mission and organization, CH2M HILL Hanford Group is looking for a new safety slogan. Between now and May 21, CH2M HILL employees can submit their suggestions for a new slogan.

There will be a box marked Safety Slogan Contest at the company's Voluntary Protection Plan booth at the Health and Safety Expo. Suggestions can be submitted there or they can be sent in an e-mail message or through plant mail to Michelle Calvert, executive secretary for Environment, Safety, Health and Quality, at michelle_r_calvert@rl.gov or mailstop R2-50.

"Our Voluntary Projection Program champions will evaluate the suggestions and forward the top 10 to the Presidents' Accident Prevention Council on May 27," said Susan Eberlein, CH2M HILL vice president of ESH&Q. The VPP champions group includes management, professional, nonexempt and Hanford Atomic Metal Trades Council members.

The employee whose suggestion is picked by the PAPC as the winning safety slogan will receive a special safety recognition award worth \$120. The slogan will be used throughout the company's VPP and safety-recognition campaigns over the next several months. A random drawing will award an additional 10 safety recognition awards worth \$25 each from all entries.

Employees may enter more than one suggestion, but only one prize will be awarded for each person.

"The only real guideline is to keep your suggestion short," said Eberlein. "Fewer than 10 words, please."

The company's current safety slogan, "IF IT'S NOT SAFE, DON'T DO IT," was selected several years ago. The slogan also is the company safety policy and reminds employees that safety is the first priority. "We know, in fact, that working safely helps us improve our cost and schedule performance," said Eberlein. "It is all a part of doing the job right the first time." ■



2003 Health and Safety Expo

May 6-8 at TRAC in Pasco

(See April 28 *Hanford Reach* for complete schedule, also available at www.hanford.gov/safety/expo.)

First glass made at Hanford via bulk vitrification

Geoff Tyree, CH2M HILL Hanford Group

Scientists and engineers will soon be studying some of the first radioactive glass made by Hanford's bulk vitrification project — part of a larger effort by CH2M HILL Hanford Group to evaluate technologies that could be used to treat a portion of Hanford's low-activity tank waste.

The technology is one of three being considered to supplement the work of the Waste Treatment Plant by processing some of Hanford's low-activity tank waste. Bulk vitrification allows for glassification of the waste inside a container suitable for land disposal. The process would allow accelerated cleanup by reducing the mass of sodium requiring vitrification in the Waste Treatment Plant.

At Pacific Northwest National Laboratory's Radiochemical Processing facility in the 300 Area, personnel from the contractor team of AMEC Earth & Environmental conducted engineering-scale test melts for the Department of Energy Office of River Protection and CH2M HILL during March and April.

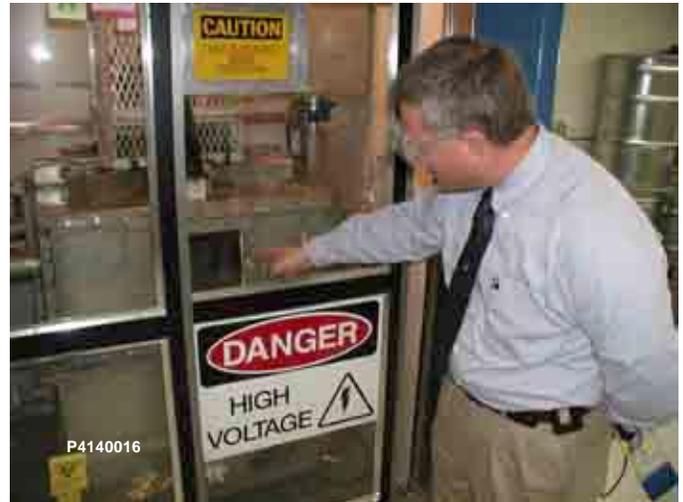
The glass in the engineering-scale melts was made by combining soil, small amounts of chemical additives and simulated tank waste in a container about the size of a desk. The mixture was heated to 1,300 degrees Celsius, a temperature hot enough to destroy hazardous chemicals and immobilize radioactive materials in the glass. About half a cubic foot of glass was made in the test melts.

The soil is a cost-effective source of needed glass-forming materials that are needed. One test also included a simulated waste material spiked with rhenium and technetium. Technetium is an important radionuclide in long-term risk analysis, and rhenium is a non-radioactive simulant for technetium.

"This is real glass, and thanks to the efforts of all of those involved, it has been a remarkably short period of time going from the contract award to the AMEC team in January to making glass," said Rick Raymond, supplemental-treatment strategic planner for CH2M HILL. "A key to accelerating cleanup is taking available technologies and investing the time and expense to evaluate how they could be used to safely and efficiently treat selected Hanford tank waste."

"Bulk vitrification differs from traditional waste vitrification in that the melt container also serves as the disposal container," said Leo Thompson of AMEC. "The main source of glass formers is soil, rather than expensive glass frit compositions. These factors make the bulk vitrification facility and operations less complex."

"These test melts were very successful," said Raymond. "Now the immediate focus will turn to examining the



Rick Raymond of CH2M HILL Hanford Group points to the engineering-scale melter used to make test glass in the bulk vitrification project. CH2M HILL is evaluating three potential technologies to supplement Hanford's Waste Treatment Plant by processing some of the low-activity tank waste.

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First glass made at Hanford via bulk vitrification, cont.



This non-radioactive glass sample was made by combining soil, small amounts of chemical additives and simulated tank waste.

engineering-scale test glass and confirming that the simulant characteristics mirror results of laboratory-scale tests being performed with real tank waste.”

Plans are also being made for a large-scale test of the technology, conducting test melts using soil and simulated tank waste in large containers that are similar in size to those used in containerized shipping.

Other possible technologies

The bulk vitrification technology is one of three CH2M HILL is investigating for the ORP for use in treating low-level or mixed low-level tank waste for disposal either on or off the Hanford Site. Containerized grout and steam reforming are the other two technologies the company is evaluating.

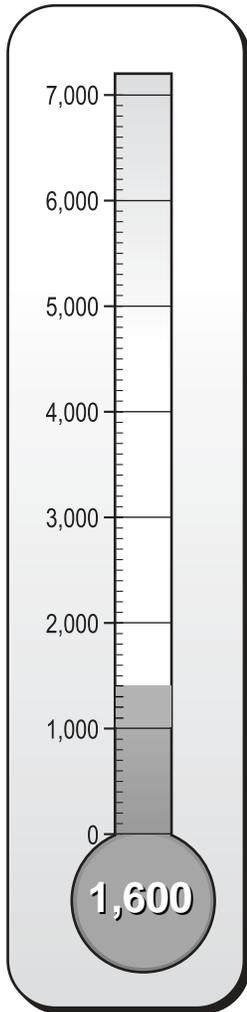
These technologies are called supplemental because they would be used to supplement Hanford’s Waste Treatment Plant, which is currently under construction. An estimated 30 to 70 percent of Hanford’s 42 million gallons of low-activity tank waste may be suitable for treatment using one or more of the supplemental-treatment technologies under evaluation.

Working with CH2M HILL, the AMEC contract team is conducting lab-scale test melts with real and simulated tank waste. The team is also conducting engineering-scale and large-scale testing of the bulk vitrification technology using simulated waste, and doing the conceptual engineering for a production facility. After that first phase of work, assessments of all three supplemental treatment technologies will enable ORP to decide how to move forward on building and operating supplemental-treatment facilities.

Members of the AMEC contract team include, as major subcontractors, RWE NUKEM Corp.; Daniel, Mann, Johnson, Mendenhall, Holmes and Narver (DMJMHN); and Pacific Northwest National Laboratory.

Full-scale bulk vitrification tests are scheduled for this month at a location near the HAMMER facility. ■

HLAN computers currently running Windows XP



Hanford XP Migration Project Update

Lockheed Martin Information Technology is tracking 425 widely used applications for compatibility with XP. You can view the list on the XP Web pages under the "App Testing" tab. Currently there are 253 applications that have been tested. Many other applications are in the process of being tested, two are known to have failed, and the status of the remaining ones is not currently known.

The two applications that failed are ACES and SWITS. Both use a product called Oracle Forms and Reports. Until late March, there was no Windows XP-certified version of this product. Now that the developers have the certified version, they are working to implement and test it. It is estimated that XP-compatible versions of SWITS and ACES will be available approximately June 1.

There are still applications for which the status is not currently known. The owners of these applications are being contacted and asked to provide a status. If you are the owner of an application that does not have a current status, or is not on the LMIT list, please contact the migration-project team at the e-mail address below so they can update their records.

If you have any questions about application testing or the XP project, send them to the e-mail address below.

XP Project Home Page	http://www.rl.gov/xp
XP Application Testing Matrix	http://www.rl.gov/xp under the "APP Testing" tab
XP Project Mailbox	^Windows XP Project

Relay for Life to take place May 17 and 18 at Southridge High

This year's Relay for Life, the chief fund-raising event for the Benton/Franklin County unit of the American Cancer Society, will take place May 17 and 18 on the Southridge High School track in Kennewick. The event begins at noon on Saturday, May 17, and continues non-stop until 9 a.m. Sunday, May 18.

Nationwide, the Relay for Life fundraisers are fun-filled overnight events designed to celebrate survivorship and raise money for American Cancer Society research and programs. Relay For Life represents the hope that those lost to cancer will never be forgotten, that those who face cancer will be supported and that ,one day, cancer will be eliminated.

In preparation for the event, teams solicit donations and hold fund-raising events to raise money to fund cancer research, education about cancer, and cancer prevention and patient services within our local community. During the event, teams have at least one of their members walking around the field at all times. On May 17 and 18, entertainment, food and activities are available throughout the event.

May 17 is Survivor Day. Cancer survivors will participate in the inaugural lap around the track, and they will be the luncheon guests of Relay for Life organizers.

Department of Energy and Hanford contractor employees are strong supporters of the Relay for Life. Last year, the Relay for Life at the Southridge High School track raised \$134,000. Hanford participants raised \$63,000 of the total.

This year's Hanford sponsors include the Department of Energy, Bechtel, Fluor Hanford, Fluor Federal Services, Hanford Environmental Health Foundation, Washington Group International, Lockheed Martin Information Technology, Duratek Federal Services of Hanford and Day and Zimmermann Protection Technology Hanford.

Many of the Hanford employee teams are raising money right now. If you would like to donate or participate in the Relay for Life, call your company point of contact listed here:

Department of Energy, Mark French, 373-9863, or Colleen Clark, 373-5985

HEHF, Alanna Brandon, 373-3729

Fluor Hanford, Bev Garvey, 373-5909

Environmental Restoration Contractor, Scott Parnell, 372-9362, and Sue Kuntz, 375-4673

Bechtel National, Ted Anderson, 371-5828

Pacific Northwest National Laboratory, Lisa E. Brown, 375-2465.

Get moving if you want to enjoy a long and healthy life

Research has indicated that exercise plays a major role in helping to prevent heart disease, diabetes, osteoporosis and some cancers. Even small increases in physical activity can reduce stress, improve sleep and increase an overall feeling of well-being.

Exercise does not have to be painful, exhausting or overly time-consuming. You can realize the benefits of increased activity by participating in recreational activities and hobbies. Even chores such as washing the car can improve your flexibility and improve your strength and conditioning.

In 2000, a review of the results of the first national health-promotion program called Healthy People 2000 indicated that most American adults are not active enough to achieve health benefits. The report indicated that only 30 percent of adults engage in consistent, moderate physical activity and 14 percent engage in some type of vigorous exercise.

This assessment led to the national health- promotion and disease-prevention program called Healthy People 2010. Established by the Department of Health and Human Services three years ago, the program is designed to provide direction for improving the health of the nation during the first decade of this century. By the year 2010, the program hopes to increase the quality and years of healthy life and eliminate health disparities among different segments of the population.

Healthy People 2010 addresses the following public-health issues:

- Physical activity
- Overweight and obesity
- Tobacco use
- Substance abuse
- Responsible sexual behavior
- Mental health
- Injury and violence
- Environmental quality
- Immunization
- Access to health care.

Each issue has a number of objectives that communities, public health agencies, businesses, schools and individuals will strive to accomplish.

Among the objectives of the Healthy People 2010 campaign for physical activity are the following:

- Reduce the proportion of adults who engage in no leisure-time physical activity
- Increase the proportion of adults who engage in vigorous physical activity that promotes the development and maintenance of cardiorespiratory fitness to three or more days per week for 20 or more minutes per occasion
- Increase the proportion of adults who engage regularly (preferably daily) in moderate physical activity for at least 30 minutes.

‘Making your move’ at Hanford

The Hanford Environmental Health Foundation and Fluor Hanford are promoting physical activity in accordance with Healthy People 2010 by introducing a program developed by the National Association for Physical

Get moving if you want to enjoy a long and healthy life, cont.

Fitness called "Make Your Move." This program encourages site employees to become more physically active.

Any Hanford Site employee with a Department of Energy security badge may participate. Complete the registration form that appears below and send it to HEHF HES, H1-04, or call Judi Staley of HEHF at 372-0097 to register. Fluor Hanford employees may register with Carol Powe at 376-8886.

After you have registered, a packet containing an eight-week diary and instructions for participating in the program will be mailed to you. During that eight-week period, simply make an entry whenever you participate in a healthful exercise or physical activity. You will earn points for each of your entries. Points are awarded for the time spent rather than the intensity or type of exercise.

At the end of eight weeks, mail the diary to HEHF. During the eight weeks, look for "Make Your Move Tips" in the *Reach*. Also look for special activities such as crossword puzzles that will be published in the *Hanford Reach*. You can earn extra points by completing the activities. Prizes will be given for the most points earned

Continued on page 15.



Name _____

Age _____ Gender _____

Mailstop _____ Phone _____

Employer _____

Registration form

Send completed form to: HEHF HES, H1-04

I am participating in "Make Your Move" for the following reasons (**circle all that apply**):

- | | |
|---|---|
| <input type="checkbox"/> General health | <input type="checkbox"/> Improve sleep |
| <input type="checkbox"/> Weight loss | <input type="checkbox"/> Maintain healthy weight |
| <input type="checkbox"/> Lower cholesterol | <input type="checkbox"/> Conditioning: cardiovascular, strengthening, flexibility |
| <input type="checkbox"/> Lower blood pressure | <input type="checkbox"/> Reduce stress |

My job requires a high moderate minimal level of physical activity

Please check and complete the statement that best describes your level of physical activity over and above your work duties

- My current level of exercise is moderate to vigorous (raises pulse rate) **circle one:** 1-3 **or** 4-7 days per week for **circle one:** under 30 minutes **or** at least 30 minutes per session
- My current level of exercise is minimal (leisurely pace, does not raise pulse rate) **circle one:** 1-3 **or** 4-7 days per week for **circle one:** under 30 minutes **or** at least 30 minutes per session
- I do not engage in any exercise

I have read the PAR-Q (below). I understand that if I answer "yes" to any of the questions, I should consult with my private health-care provider before beginning or changing my level of physical activity.

Signature: _____ Date: _____

Continued on next page .

Get moving if you want to enjoy a long and healthy life, cont.

— the person with the most points will win a \$50 gift certificate to Gart Sports, a Make Your Move gym bag and T-shirt, and the top 10 percent of participants will also win prizes. The best reward will be your renewed energy and healthful feeling.

The Make Your Move program begins May 21, National Employee Health and Fitness Day. For more information on the program, call Judi Staley of HEHF at 372-0097, or Carol Powe of Fluor Hanford at 376-8886.

You can schedule a 45-minute “Make Your Move” safety-meeting presentation that discusses recommendations for starting an exercise program by calling HEHF Health Education Services at 373-3729. ■

Physical Activity Readiness Questionnaire (PAR-Q)

Many health benefits are associated with regular exercise, and the completion of this questionnaire is a sensible first step to take if you are planning to increase the amount of physical activity in your life.

For most people, physical activity should not pose any problem or hazard. This evaluation has been designed to identify the small number of adults for whom physical activity might be inappropriate, or those who should have medical advice concerning the type of activity most suitable for them.

Common sense is your best guide in answering these few questions. Please read them carefully and check the “YES” or “NO” box next to each question that applies to you.

- | | | |
|------------------------------|-----------------------------|---|
| <input type="checkbox"/> YES | <input type="checkbox"/> NO | 1. Has your doctor ever said that you have heart trouble? |
| <input type="checkbox"/> YES | <input type="checkbox"/> NO | 2. Do you frequently have pains in your heart and chest? |
| <input type="checkbox"/> YES | <input type="checkbox"/> NO | 3. Do you often feel faint or have spells of severe dizziness? |
| <input type="checkbox"/> YES | <input type="checkbox"/> NO | 4. Has a doctor ever said your blood pressure was too high? |
| <input type="checkbox"/> YES | <input type="checkbox"/> NO | 5. Has your doctor ever told you that you have a bone or joint problem — such as arthritis — that has been aggravated by exercise or might be made worse with exercise? |
| <input type="checkbox"/> YES | <input type="checkbox"/> NO | 6. Is there a good physical reason not mentioned here why you should not follow an activity program — even if you want to? |
| <input type="checkbox"/> YES | <input type="checkbox"/> NO | 7. Are you over the age of 65 and not accustomed to vigorous exercise? |

If you answered “yes” to one or more questions, consult your personal health-care provider by telephone or in person *before* increasing your physical activity. Discuss questions to which you answered “yes” on this Physical Activity Readiness Questionnaire.

If you answered “no” to all questions and if you answered the questionnaire accurately, you have reasonable assurance that you may safely start a graduated exercise program. A gradual increase in proper exercise promotes good fitness development while minimizing or eliminating discomfort, injury or stress on your cardiovascular system.

Signature: _____ Date: _____

Send completed form to: HEHF HES, H1-04

Oops



In the photo accompanying the article "100 care packages destined for military personnel," *Hanford Reach*, April 28, one of the employees assembling gift packages for members of the U.S. armed forces was misidentified. Sandy Burden is the employee in the foreground. Larry Olguin and Laurie Ann Robinson are in the background of the photo.

Security Ed's Classification Challenge

Representatives of the Office of Safeguards and Security Evaluations, also known as OA-10, are at Hanford conducting an independent evaluation of the effectiveness of safeguards and security policies and programs, including employee knowledge of security requirements.

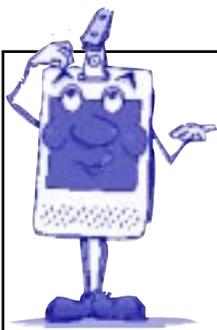
Take Security Ed's OA Classification Challenge:

Which two topics at Hanford have the potential of being classified and require a review by a Derivative Classifier?

- A. Details concerning human resources procedures
- B. Details concerning special nuclear material
- C. Details concerning engineering standards
- D. Details concerning safeguards and security

Source: PHMC Classification Desk Top Reference at <http://apweb02.rl.gov/rapidweb/phmc/sas/index.cfm?PageNum=102>

Do you know the answer? Send an e-mail message listing the two topics with a high probability of being classified and requiring review by a Derivative Classifier (indicate "Ed's OA Classification Challenge" in the subject line) to C. E. (Chet) Braswell, or clip this article, circle the correct answers, add your name and HID number, and send your response to Security Education at mailstop L4-09. Prizes will be awarded to randomly drawn correct entries. The names of prizewinners and the correct answer will appear in a future *Hanford Reach* article.



Security Ed would like to remind all personnel to remain alert for unusual activities and report security concerns to your security representative, the Patrol Operations Center at 373-3800, or the Pacific Northwest National Laboratory single-point-of-contact number, 375-2400.

Dechter wins Security Ed Challenge on weapons of mass destruction



Congratulations to Sam Dechter of Fluor Hanford, the winner of the April 21 Security Ed Challenge. Dechter won a MiniMag Light for correctly identifying that a chemical agent used as a weapon of mass destruction may have precursors of unexplained or unusual odors that may range from fruity and flowery to sharp and pungent, garlic or horseradish-like, bitter almonds, peach kernels and new-mown grass or hay. (For more details see the *Hanford Reach* article, "Stay alert to indicators of weapons of mass destruction" April 14.)

Regular Features



CALENDAR

Donate blood in May

Hanford workers will have two opportunities to donate blood in May.

- The American Red Cross will hold a blood drive on Wednesday, May 7, 9 a.m.-2 p.m. in the vehicle bay of the Al Alm Building at the Volpentest HAMMER Training and Education Center. Call Libby Sickler at 376-7117 to schedule an appointment.
- The ARC Bloodmobile will be at 2261 Stevens Drive for a blood drive on May 20 from 9 a.m. to 3 p.m. To schedule an appointment to give blood, contact Kelly Layfield at 376-6785.

Fire rehabilitation on ALE at May 7 meeting

David Smith of the U.S. Fish and Wildlife Service will present the topic, "Fire Rehabilitation on the Fitzner-Eberhardt Arid Lands Ecology Reserve," at 7:30 p.m. on May 7 at the Columbia Basin Chapter of the Native Plant Society meeting in the Richland Community House. Contact Janelle Downs at 376-6641 or Mary Ann Simmons at 376-3992 for more information.

Library staff demonstration on searching the Internet

The Hanford Technical Library staff will show you how to tunnel through mountains of information and discover useful Internet sites for your day-to-day work on Thursday, May 8, 12 to 1 p.m. in room 101R of the Consolidated Information Center on the Washington State University campus in Richland. For more information, contact Karen Buxton at 372-7451 or at karen.buxton@pnl.gov.

Remedial-design poster session survey submittals

Qualified firms wishing to participate in a June 9 poster session on cleanup of Hanford's 618-10 and 618-11 Burial Grounds must submit survey forms by 5 p.m. on May 9 (See "Firms sought for remedial technologies poster session," *Hanford Reach*, April 28). Twenty-five firms will be selected to participate, based on their ability to supply the required technologies. For more information, contact Christina Richmond at crichmond@enviro.issues.com.

May 13 CHMM meeting features Norm Boyter

The May 13 meeting of the Eastern Washington Chapter of the Academy of Certified Hazardous Materials Managers will feature Fluor Hanford's vice president of the Spent Nuclear Fuel Project, Norm Boyter, as the speaker. The meeting will take place in the Gallery Room of the Richland Public Library and is free and open to the public. The social and networking time begins at 6:30 p.m. and the presentation and business meeting begin at 7. During May, the chapter is holding a special membership drive. Annual dues are \$25. You do not need to be a certified hazardous materials manager to join. If you are interested, contact Mitzi Miller at 946-4985. Look for the EWC booth at the Health and Safety Expo 2003 May 6-8 at the Trade, Recreation and Agricultural Center in Pasco.

Leadership subject of AQP/ASQ meeting May 13

The May 13 meeting of the local Association for Quality and Participation and the American Society for Quality at the Richland Shilo Inn will feature Rado Harrington of Harrington Consulting Services. His presentation will focus on building success in the team-development process by learning to serve others as a visionary leader. Check-in and networking begins at 5:30 p.m., the buffet dinner is at 6 and the presentation is at 7. The cost is \$16 for AQP and ASQ members, \$18 for non-members, or \$5 for the presentation only. Make your reservations by May 8 by calling 372-1442, by e-mail to lynn_l_gates@rl.gov or register via the AQP chapter's Web site at <http://www.3-cities.com/~gates/AQPQuest.htm>. Click on "What's Next" for more information about the program, speaker or the dinner menu.

Golf tournament May 14

The Children's Developmental Center will hold a golf tournament on Wednesday, May 14, with two tee times — 7:30 a.m. and 1 p.m. — at the Canyon Lakes Golf Course in Kennewick. The tournament is sponsored by the Fluor Corporation, Crazy Moose Casino and the Seattle Seahawks. The tournament features great golf, tee prizes, an auction, games and dinner provided by the Outback Steakhouse. Sponsorships are available for \$650 and \$475, and spots for individual golfers are available. The funds raised will help the Children's Developmental Center to continue providing early

Calendar continued on next page.

Regular Features



CALENDAR continued

intervention for children from birth up to age 3 who have developmental disabilities and delays. The services provided at the Children's Developmental Center are available without charge to parents of affected children. For more information, contact Cathy Olson at 735-1062, ext. 249.

NMA Meeting set for May 14

Hanford Environmental Health Foundation psychologist Dr. Dan Lowe will speak on "Coping with Frustration" at the May 14 dinner meeting of the Hanford Chapter of the National Management Association. The evening begins at 5 p.m. at the Red Lion Hotel in Richland with a mini-seminar entitled, "If your life were a business, would you invest in it?" Attendees may also choose to participate in the concurrent social hour. The business meeting starts at 6, and dinner will be at 6:30. There is no charge for chapter members; the cost for guests is \$20. Make a reservation at http://www.nma1.org/chapters/395/rsvp_form.htm or by calling Lisa Hart at 376-3484.

PMI meeting May 13 features panel discussion

The Project Management Institute's May 13 meeting will feature a discussion on "Supply Management: Contract Administration in Project Management," with a panel of managers who were directly involved in the projects that were candidates for the PMI 2003 Project of the Year Award. The panel will include Mike Brubaker of Fluor Hanford's Spent Nuclear Fuel, KE Fuel Transfer Project; Dave Larkin of Energy Northwest's Dry Spent Fuel Storage Project; and Greg McLellan of CH2M HILL Hanford Group's Cold Test Facility Project. The meeting will be held at the City University Campus, 303 Bradley Blvd, Ste 202, in Richland. Networking and dinner begin at 5:30 p.m. and the panel discussion begins at 6:30. The cost is \$10 for members and students and \$15 for guests. Make your reservation by 9 a.m. on May 13 by calling Terri Witherspoon at 376-4925 or sending an e-mail message to Terri_T-Witherspoon@rl.gov. Visit <http://www.crb-pmi.org/id4.html> for more information.

MESA director to speak at SHRM meeting on May 15

Janae Landis, director of the Yakima Valley/Tri-Cities Math, Engineering, Science Achievement organization, also known as MESA, will be the guest speaker at the May 15 meeting of the Society of Human Resource Management at Coco Loco's, 2588 N. Columbia Center Blvd. in Richland. Landis' topic is "Supporting Our Local Community by Encouraging all Youth to Pursue Higher Education." The dinner meeting begins at 5:30 p.m. The cost is \$13.50 per person. To make your reservation, visit www.columbiabasin.shrm.com and click on chapter meetings, or send an e-mail message to tracie_lorenzen@rl.gov.

Dinner, auction to benefit Mid-Columbia Symphony

The Tri-Cities Wine Society presents the third annual "Perfect Harmony: Fine Wine Auction and Dinner," benefiting the Mid-Columbia Symphony, on Saturday, May 17, at 6 p.m. in the Lampson International Hangar in Pasco. The event will feature an auction of regional wine, original art and gift packages; a six-course gourmet dinner; and dancing to the Mancinelli Big Band. Tickets are \$90 before May 1 and \$120 thereafter. Tickets are available at the Battelle Performing Arts Business Center, 716 Jadwin, Richland, 943-6602. For more information, visit <http://www.midcolumbiasymphony.org/perfect.html>.

May 30 golf tournament to benefit MDA

Hanford Fire Department and the MDA are holding their sixth annual golf tournament on May 30 at Canyon Lakes Golf Course in Kennewick. Proceeds from this event will help send local children with muscle disease to summer camp, provide research to find treatments and a cure, and assist in purchasing wheelchairs and leg braces. The financial commitment is vital to many children and families in our community. The shotgun start is at 1 p.m. The entry fee is \$240 per foursome and includes greens fees and cart, free range balls, prizes and steak and salmon dinner after play. For more information, call Mark Cope at 373-1475. ♦

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Regular Features

CLASSES



OSHA Region 10 classes

In conjunction with the annual conference of the Voluntary Protection Program Association Annual Conference, the Volpentest HAMMER Training and Education Center will offer the following Occupational Safety and Health Administration Region 10 classes on May 6.

- **Permit Entry Confined Spaces** — 8 a.m.-5 p.m. This course covers the duties of entrant, attendant, supervisory personnel and rescue team. Case histories are presented along with demonstrations of accidents. Testing and ventilation will be stressed. The cost is \$165. The presenter is Rick Gleason of Prezant Associates.
- **Sampling for Hazardous Materials** — 8 a.m.-5 p.m. This awareness-level course will address regulatory issues. Air, soil and water sampling, as well as sampling methodology, are covered. The cost is \$165. The presenter is Maura Doherty of Marine & Environmental Testing.
- **Homeland Defense - Bio-Terrorism** — 8 a.m.-12 noon. Using a risk- management approach, attendees will learn how to protect their companies from terrorist attacks. Students conduct a vulnerability assessment and threat analysis to determine possible dangers in their facilities. The cost is \$80. The presenter is Joseph Teeples of We're Into Safety.

To register for any of these sessions, contact Christine Goody at 372-3692, or register by completing and faxing the registration form for VPP Workshops found at <http://apweb02.rl.gov/phmc/osh/docs/39/docs/VPPForm 2.pdf>.

MicroShield course offered May 6-8

Project Enhancement Corporation will conduct a MicroShield course, all-inclusive level, at the Volpentest HAMMER Training and Education Center May 6-8. MicroShield is used for analyses involving gamma and X-ray radiation. The cost is \$1,050 per participant. The course offers 10 continuing-education credits for certified health physicists in the recertification program. To register, or for more information, contact Yvonne Miller at (240) 686-3059 or at yvmiller@pec1.net.

PROTRAIN offers software training

Microsoft Project 2000 (\$199 per day or \$348 for both days)

- Level 1 — May 12
- Level 2 — May 13

Crystal Reports 8 (\$249 per day or \$448 for both days)

- Introduction — May 12
- Advanced — May 13

QuickBooks Pro 2000 (\$299 for both days)

- Level 1 — May 15
- Level 2 — May 22

Primavera Project Planning (\$397 per day)

- P-3 602 — May 19
- P-3 603 — May 20
- P-3 604 — May 21

Adobe PageMaker 6.5 (\$695 for both days)

- Introduction — May 29
- Advanced — May 30

Upgrading to Windows XP — May 29 (\$249).

For more information, contact Sarah at 375-0414 or at sarah@protrainsys.com.

Enterprise content management class offered May 12

Bob Boiko of the University of Washington will conduct the seminar, "Initiating an Enterprise Content Management Initiative," on May 12, 9 a.m.-5 p.m. in the Snoqualmie Room of the NSB on the Pacific Northwest National Laboratory campus. Learn to analyze content, approach an organization and evaluate available technology to get an enterprise content management initiative off the ground. The cost is \$350. For more information contact Susan Widener at susan.widener@pnl.gov or at 376-6992, or visit <http://wwwi.pnl.gov/insidepnnl/pdfs/boikoworkshop.pdf>. To register, contact Cory Rhoads at cory.rhoads@pnl.gov or at 376-7157.

Effective Presentations course scheduled May 14

The eight-hour course, "Effective Presentations," will be presented by Joe Estey at the Hanford Training Center on May 14. This course provides participants with the insights, skills and knowledge to speak inspirationally and confidently on any topic. The course, costing \$180 per person, is ideal for those wanting to improve their

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Regular Features



CLASSES continued

communication skills. To register, contact Joan Howard at 946-2102 or at jhoward@energxfanford.com or Lynn Collins at 946-9654 or at lcollins@energxfanford.com.

Anti-terrorist on-site responder training offered

EnergX is facilitating a two-day anti-terrorist training course, which will focus on the preparations and planning senior management and on-site responders should undertake to optimize their response to a potential terrorist event. The training will include participation in several terrorist- event simulations and will be held at the Volpentest HAMMER Training and Education Center. Instructors are Bill Hillar and Tom Steiner. Attendance is limited to 75 participants. The cost is \$495 and includes refreshments and lunches. To register, contact EnergX at 946-9654.

Intellectual property protection seminar held May 16

Businesses can learn how to protect intellectual assets at the seminar, "Intellectual Property Issues for High-Tech Businesses," presented by the Preston Gates & Ellis law firm on Friday, May 16, 7:30 a.m.-3 p.m. at the Environmental Molecular Sciences Laboratory Auditorium on the Pacific Northwest National Laboratory campus. The cost of registration through May 12 is \$75, \$80 thereafter. Space is limited. To register online, visit http://www.pnl.gov/edo/ip_issues.stm. For more information, go to the Web site or contact Gracie Downard at gracie.downard@pnl.gov or at 375-2803. ♦



VANPOOLS

Vanpool ads are run for two weeks. Ads must be resubmitted to run in subsequent issues of the *Hanford Reach*. The deadline for submission is Thursday, 10 days prior to publication.

Day and Zimmermann Protection Technology Hanford reminds employees to wear their badges. Vanpool and carpool drivers are responsible for ensuring their passengers are badged. If a passenger forgets his or her security badge, access is denied at the barricade. The individual is required to go to a badging station for a temporary badge or go home to retrieve the badge. For more information visit the Safeguards and Security Web page at <http://apweb02.rl.gov/phmc/sas>.

KENNEWICK

Van No. 132 to 200E seeks riders, 8x9 (7 a.m.-4:30 p.m.) shift. Picks up at Garfield and 19th, Olympia and 19th and Albertson's on Clearwater. Leaves Albertson's at 5:45

a.m. Stops at 272-AW, 2750-E and facilities in between. Contact **Mike Blair** at 376-8298 or **Wendy Adams** at 372-3053. 5/5

Vanpool No. 97 seeks riders to 200E, 8x9s. Rate as low as \$54.20 per month. Starts in downtown Kennewick and picks up at Shopko at 6 a.m. and at the Federal Building at 6:10 a.m. Drops off at 2750-E and 2740-HV. Contact **Mike Bryden** at 373-4624. 4/28

Van No. 154, 8x9 shift, is looking for two riders. Van starts in southeast Kennewick (45th and Olympia), proceeds to Albertson's at Edison and Clearwater and travels to PFP and the mobile offices next to the Power House in 200W. Contact **Bill Leonard** 373-1820. 4/28

PASCO

Vanpool to 200W needs riders, 8x9s (7 a.m.-4:30 p.m.). Leaves Pasco Kmart at 5:45 a.m., stops at Road 100 at 5:55 and at the Hanford Training Center (by the Columbia Basin Racquet Club) at 6:05, then travels on Highway 240 to all stops in 200W. Call **Don** 373-2933 or **John** 373-2224. 5/5

RICHLAND

Vanpool to 200E needs a rider. Leaves from Chuck E. Cheese's at 6 a.m. Picks up at the Federal Building and drops off near MO-285, 2719-EA, WESF, 2704-HV and CSB. Call **Barb** at 373-2006 or **Beth** at 376-0971. 5/5

Low-cost vanpool to 200E needs riders. Picks up near Van Giesen and George Washington Way, near the Timbers Apartments on Jadwin and at locations between Fuller and George Washington Way and 7-Eleven. Other possible pick-up locations are along Benham between George Washington Way and Jadwin and on Jadwin between Benham and Coast. Drops off at 274-AW, 2750-E, 2704-HV and the Canister Building. Contact **Mandrake Pascual** at 372-0713 or **John Renholds** at 373-4248. 4/28

Van No. 117 to 200W has spacious seating for 8x9 riders. Round-trip from parking lot adjacent to 1019 Wright in Richland. We aren't the cheapest van, but riding our van costs less than if you drive yourself to and from work each day. E-mail or call **Gary Bush** at 372-2531. 4/28

Vanpool to 200E needs a rider, 8x9. Rate as low as \$33.50 per month. Leaves former Hanford bus lot (across from 2440 Stevens) at 6:25 a.m. and drops off at 2750-E and MO-276 (behind 2750-E). Arrives at bus lot at 5 p.m. on Mondays through Thursdays and at 4 p.m. on Fridays worked. Contact **Dave Hedengren** at 373-5094. 4/28 ♦