Outdated structures left over from the postwar era at Oak Ridge National Laboratory were demolished in November, clearing the slate for new development at the lab’s Science and Technology Park.

The removal of the 1940s-era Quonset huts from the 2000 complex area is the latest chapter in a major modernization initiative that is bringing state-of-the-art facilities such as a new Chemical and Materials Science building to ORNL’s campus with the help of funding from the American Recovery and Reinvestment Act.

The newly cleared site, located on a hill overlooking Bethel Valley Road, will provide approximately five acres for development and ultimately support about 65,000 square feet of office and laboratory space after the cleanup and remediation efforts finish in 2012.

“In a symbolic sense, the demolition of the 2000 complex represents a continued revitalization of ORNL through removal of a legacy facility that has outlived its usefulness,” says Jeff Smith, ORNL’s deputy director of operations.

Originally constructed in the late 1940s as a metallurgical laboratory and research shop, the Quonset huts were never intended for long-term use yet subsequently housed a number of ORNL groups such as health physics over the decades.

Despite their peeling paint and deteriorated condition, the buildings became a temporary home for the UT-Battelle contract transition team in the winter of 2000, and the area became known as the “Winter Palace,” a tongue-in-cheek reference to the less than ideal working conditions.

Tom Rogers, ORNL’s director of industrial and economic development partnerships, says the demolition was a much-needed step in the progression of the Oak Ridge Science and Technology Park.

“The first phase of development in the S&T park has been very successful, and we want to keep the momentum going and stay ahead of the curve as more companies look to locate here,” Tom says.

To date, ORNL’s Science and Technology Park has more than a dozen private companies as tenants, including Pro2Serve Professional Project Services, an engineering services firm that occupies the National Security Engineering Center.

The S&T park, which was modeled after the Association of University Research Parks, is the nation’s first privately developed R&D park on the campus of a national laboratory. When completed, the park will encompass about 28 acres and accommodate up to 350,000 square feet of facilities that are co-located among laboratory programs, scientists and research facilities.—Morgan McCorkle

“In a symbolic sense, the demolition of the 2000 complex represents a continued revitalization of ORNL through removal of a legacy facility that has outlived its usefulness.”
Rowing to stay fit and have fun

Oak Ridge is considered to be one of the finest locations for competitive rowing not only in the United States, but also in the world.

For more than three decades, the Oak Ridge Marina along Melton Hill Lake has been the site of many national and international rowing events for all age levels, in addition to many recreational rowing activities.

Throughout these three decades, a number of ORNL employees have contributed to the Oak Ridge Rowing Association as participants, coaches, regatta organizers and in a number of other roles.

“The late Chris Keim — who worked at ORNL from the very beginning of the Manhattan Project days — was one of the organizers of the rowing association in 1979,” says Bob Leight of ORNL’s Global Security Directorate and himself a member of the Oak Ridge Rowing Association. “Well into his 70s, he was still rowing at least several times a week at the Oak Ridge Marina, as well as helping with many of the events that were held there. He set a rowing precedent that many ORNL employees have followed.”

Some Oak Ridge rowers were on crew teams in high school and college while others learned the sport and came to love it later on.

“Many of us who row do so because we have learned that rowing can be a lifetime sport,” says Janie Sharp, an ORNL retiree who has been active with the rowing association for a number of years. “We have an eight-rower boat that we call a ‘Granny Boat’ because most of the rowers are in their 70s.”

Steve Spooner, another ORNL retiree, rowed as a youth and continues to be active today, not only in the water but also in the management of the rowing association.

“The routine, camaraderie, competition and the opportunity for year-round activity, including the winter months, are what is so special about rowing.”

Steve Spooner, another ORNL retiree, rowed as a youth and continues to be active today, not only in the water but also in the management of the rowing association.

“Younger ORNL people have also taken advantage of Oak Ridge rowing programs. Kara Clayton joined a class through the rowing association’s Learn to Row program a few years ago.

“Rowers involved with the Oak Ridge program tout the physical benefits of slicing through the water in a scull. “Rowing is easy on the joints, but an extreme workout at the same time,” Clayton says. Speaking from a retiree’s standpoint, Spooner adds, “Rowing has proved to be a fun and rewarding way to stay fit and have fun.”

The next Learn to Row classes sponsored by the rowing association are scheduled for the spring. More information is available at www.orra.org. —Fred Strohl
Most people today anxiously await retirement—sleeping in, enjoying a round or two of golf, or finally getting to take the perfect vacation. Then there are those who can’t seem to settle into the next phase of life. Instead they choose a work/life balance and find a life repurposed.

Richard “Dick” Hess joined Oak Ridge National Laboratory in July of 1979. Recruited by a fellow New Yorker at Union Carbide, he started as a junior engineer. When asked about his early work at the Lab, he quickly responded with the all-too-common, “that’s classified,” and a smile.

Working his way up the ranks, Dick went from “pushing paper” to tech support. Management quickly noticed he had a rare mix of technical knowledge and people skills—the makings of a great section head. Richard took the challenge and managed over 100 instrument technicians.

“Anyone could come to my office and give me their beef,” says Dick. “But before they left, they had to listen to my side.” Follow that with a firm tap on the table and you know he meant business.

Dick had a great time with the techs and never dreaded coming to work. His plans of staying until retirement were derailed by a RIF (reduction in force) in 1999. Like many in his shoes, Dick suddenly found himself with a great deal of spare time. Nevertheless, with three grown children, two grandkids and a wife of 49 years, he had plenty to keep him busy. For about a year, he was content with family vacations, rest and relaxation. He quickly realized, however, that he missed the people and his work at ORNL.

After connecting with a former colleague at the Lab, he put on his “consultant hat”—performing “odd jobs” that didn’t require a clearance. Seemingly back on track, the Army veteran’s fighting spirit was again put to the test.

In October 2007, Dick’s wife, Paula, was diagnosed with ovarian cancer. After surgery and 37 agonizing days in intensive care, Paula went into remission. Sadly, the cancer returned. As Paula recovered from her second surgery, Dick made an alarming discovery of his own. One morning while shaving, he felt a lump near his thyroid. During the next several months, the couple would battle cancer together.

At one point he recalls telling Paula, “You know, honey, this togetherness is great, but let’s find something better to do.” Dick kept his word.

Both currently cancer-free, Dick and Paula now have busy weeks filled with volunteer work at their church, deliveries for the local food bank, and plenty of time saved to spoil the grandkids.

Dick is the new face of retirement in 2010. Rather than whiling away his days, he fills every minute and lives life to the fullest. He offers this piece of advice to all his fellow retirees:

“Don’t just sit back and watch TV. You gotta get busy.” —Stephanie Ritchie

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Club ORNL events

Get the details and latest news online via https://info.ornl.gov/sites/clubornl. Request an XCAMS account, which will allow you to participate in these events or contact Lara James at 576-3753 or jamesla@ornl.gov.

- Dec. 4 Fiddler on the Roof
- Dec. 4 Christmas Express Train Ride
- Dec. 11 Best Christmas Pageant Ever, Cumberland County Playhouse
- Dec. 17 Ice Skating
- Dec. 19 Lady Vols vs. Stanford
- Dec. 19 KSO/Clayton Christmas Concert
- Jan. 10 Blue Man Group
- Jan. 22 Ice Bears vs. Huntsville Havoc

“Don’t just sit back and watch TV. You gotta get busy.”
Each year ORNL’s employee savings program and retiree group welfare plan send out reports to participating members. The reports below provide information for the 2009 calendar year.

SUMMARY ANNUAL REPORT FOR SAVINGS PROGRAM FOR EMPLOYEES OF CERTAIN EMPLOYERS AT THE U.S. DEPARTMENT OF ENERGY FACILITIES AT OAK RIDGE, TENNESSEE

This is a summary of the annual report for the SAVINGS PROGRAM FOR EMPLOYEES OF CERTAIN EMPLOYERS at the U.S. Department of Energy facilities at Oak Ridge, Tennessee. The report is for the calendar year ending December 31, 2009. The annual report has been filed with the Employee Benefits Security Administration, as required under the Employee Retirement Income Security Act of 1974 (ERISA).

Basic Financial Statement

Benefits under the plan are provided by a trust fund. Plan expenses were $51,705,921. These expenses included $1,386,073 in administrative expenses and $50,319,948 in benefits paid to participants and beneficiaries, and $0 in other expenses. A total of 12,221 persons were participants in or beneficiaries of the plan at the end of the plan year, although not all of these persons had yet earned the right to receive benefits.

The value of plan assets, after subtracting liabilities of the plan, was $1,467,471,577 as of the end of the plan year, compared to $1,228,103,214 as of the beginning of the plan year. During the plan year the plan experienced a change in its net assets of $239,368,343. This change includes unrealized appreciation or depreciation in the value of plan assets; that is, the difference between the value of the plan’s assets at the end of the year and the value of the assets at the beginning of the year or the cost of assets acquired during the year. The plan had total income of $291,074,246, including employer contributions of $24,140,883, employee contributions of $63,538,679, gains/(losses) of $0 from the sale of assets, and earnings from investments of $290,962,584.

Your Rights to Additional Information

You have the right to receive a copy of the full annual report, or any part thereof, on request. The items listed below are included in that report:

1. An accountant’s report.
2. Financial information and information on payments to service providers.
3. Assets held for investment.
4. Information regarding any common or collective trusts, pooled separate accounts, master trusts or 103-12 investment entities in which the plan participates.

To obtain a copy of the full annual report, or any part thereof, write or call the office of the plan administrator at:

BACCOCK & WILCOX TECHNICAL SERVICES Y-12, LLC
602 SCARBORO ROAD, MS 8258
OAK RIDGE, TN 37830
865-574-9283

You also have the right to receive from the plan administrator, on request and at no charge, a statement of the assets and liabilities of the plan and accompanying notes, or a statement of income and expenses of the plan and accompanying notes, or both. If you request a copy of the annual report from the plan administrator, these two statements and accompanying notes will be included as part of that report. The charge to cover copying costs given above does not include a charge for the copying of these portions of the report because these portions are furnished without charge.

You also have the legally protected right to examine the annual report at the main office of the plan: 602 SCARBORO ROAD, MS 8258, OAK RIDGE, TN 37830, and at the U.S. Department of Labor in Washington, D.C., or to obtain a copy from the U.S. Department of Labor upon payment of copying costs. Requests to the Department should be addressed to: Public Disclosure Room, Room N-1513, Employee Benefits Security Administration, U.S. Department of Labor, 200 Constitution Avenue, N.W., Washington, D.C. 20210.
Tips for holiday eating

One of the primary objectives of the Lab’s Health and Wellness Program is to “foster healthy lifestyles” among our employees and their families. Needless to say, one of the keys to a healthy lifestyle is monitoring the food we eat…what kinds and how much. This is especially true around the holidays when food figures so largely in our celebratory activities—big family dinners, holiday parties, and intimate gatherings of friends.

One factor in all of these events is the offering and consumption of food—lots of good food, which more often than not spells the end of many a diet. So, how do we manage to enjoy ourselves while, literally and figuratively, keeping the lid on the cookie jar? ORNL’s resident dietitian, Donna Pierce, offers some solutions to this dilemma. Donna recently conducted a seminar, “Keeping the Holidays Merry and Light.” She offered tips for enjoying the holidays that could offset the usual post-holiday regrets—foodwise that is.

Donna suggests that as a “responsible” host or hostess, you should first and foremost think about serving large quantities of low calorie foods. It’s better for your guests to chow down on lots of fresh fruits and vegetables than to stuff themselves with copious amounts of processed deli-meats, cheese, and the ever present (and, admittedly, much desired) rich desserts. While these culinary gems may be good—delicious even—to us, they’re not necessarily good for us. As an alternative, she offers the following low- to no-fat, low-calorie recipes for your snacking pleasure.

### Stuffed Mushrooms

16 large mushrooms  
1 slice whole wheat bread  
1/2 c. sliced celery  
1/2 c. sliced onion  
1 garlic clove

1 tsp Worcestershire sauce  
1/2 tsp dried marjoram leaves  
1/8 tsp ground red pepper  
Dash paprika

Preheat oven to 350 degrees. Tear bread into small pieces, put into food processor and process 30 seconds until crumbs form. Place in small bowl and set aside. Remove stems from mushrooms, and set caps aside to be filled later. Put the stems (only) into processor along with the celery, onion and garlic. Pulse (press on and off) until all the vegetables are finely chopped. Turn out into skillet and cook until onions are tender; turn out into bowl. Add breadcrumbs and stir. Add marjoram, Worcestershire sauce, and black pepper; stir to mix. Fill mushroom caps with mixture, pressing firmly. Place filled caps 1/2-inch apart in shallow baking pan. Sprinkle with paprika. Bake 15 minutes or until hot.

Serving size: 2 stuffed mushroom caps.

Dietary values: 20 calories, 0 cholesterol, 0 fat, 1 gram protein, 4 grams carbohydrates, 1 gram fiber, 29 grams sodium.

### Pumpkin Treats

3/8 c. sugar  
3/8 c. Stevia  
1 tsp ground cinnamon  
1/2 tsp salt  
1/2 tsp ground ginger

1/4 tsp cloves  
2 large eggs  
1 can (15 oz.) pumpkin  
(NOT pie filling)  
1 can 2% evaporated milk (12 oz.)


Dietary values: 15 calories, 10 mg cholesterol, 0 fat, 1 gram protein, 3 grams carbohydrates, 0 fiber, 16 mg sodium.
Sixty years ago this month
Taken From The ORNL News for December 1950

- “The Oak Ridge Story” by G.O. Robinson, Jr., is released (can be purchased through amazon.com). This is the first comprehensive and factual account of Oak Ridge, with emphasis on the people who made the atomic energy project.

- Dr. Alvin Weinberg, Research Director, and Dr. John Swartout, Assistant Research Director, hold an American Association for the Advancement of Science (AAAS) program, sponsored by the Oak Ridge Institute of Nuclear Studies. The program addressed 10 years of atomic energy and the future development of atomic power.

- The UT-AEC Agriculture Research Program is providing a scene to excite the curiosity and admiration of those who pass by the Oak Ridge farm. The cattle, numbering 150, serve for studying the effects of radiation on the general health, growth, breeding efficiency and relative fertility of animal life.

- Parking is of concern since space is at a premium. Careless parking of your vehicle is a discourtesy to those who may be in desperate search of a place to park.

- A murmur of excitement echoed through the crowd when a promised celebrity arrived. When everyone saw who the celebrity was, all knew him—knew him by sight as no other man is so generally known. It was SANTA CLAUS, attending the Christmas Party for ORNL children.

- The Health Physics Division developed an emergency water purification unit for producing drinking water from water sources contaminated with radioactive products of an atomic explosion. The device will decontaminate about 10 gallons of water a day—the approximate amount consumed by 20 persons in 24 hours.

- Biology Division members will attend the 117th meeting of AAAS at Cleveland, Ohio. Participating in the Symposium on Biological Effects of Radiation are Dr. Hollaender, and Drs. W. L. and Liane Russell.

—prepared by ORNL History Room volunteers
From the Lab Director

ORNL’s third state-funded facility for our joint institute program with UT is now officially open. Governor Phil Bredesen made a trip to ORNL on December 3 to help dedicate the Joint Institute for Neutron Sciences on Chestnut Ridge, next to the Spallation Neutron Source. I joined Governor Bredesen, UT Interim President Jan Simek, UT Chancellor Jimmy Cheek, and JINS Director Takeshi Egami in the dedication ceremonies. JINS is one of several collaborations between ORNL and UT, and as Takeshi noted in his remarks, the joint institute will be a keystone facility to expand even further a tremendous partnership between the Lab and the university.

The event was likely Bredesen’s final visit to the Laboratory in his role as governor. He’s been a great friend to ORNL, as evidenced by the construction of the joint institutes, $20 million in state funding for Governor’s chairs, investments in bioenergy and solar research, and the creation of a new graduate program in energy sciences during his two terms as governor. His background in science—he has a degree in physics from Harvard—has often come to the forefront in discussions about ORNL projects. We were privileged to have him sign a copy of the memo that Ernest O. Wollan wrote in 1944, seeking permission to perform the first neutron diffraction experiments at ORNL.

Congratulations to all of those honored at our recent Awards Night gala. The Director’s Award winners were Sheng Dai for Individual Accomplishment in Science and Technology, DeAnn Ingram for Laboratory Operations, Sam McKenzie for Community Service, and the Tin-132 team for Scientific Research by a Team. These Director’s Award honorees symbolize the Laboratory’s pursuit of simultaneous excellence in science and technology, operational support, and corporate citizenship. It was my privilege to honor all of the Awards Night recipients—both individuals and teams—who played major roles in another outstanding year for the Laboratory.

Another sign of a vibrant Lab is our early career researchers. This year we have the largest group of Presidential Early Career Award for Scientists and Engineers winners in ORNL’s history. Jeremy Busby, De-en Jiang, Sergei Kalinin, and Rahul Ramachandran will be recognized in a White House ceremony as future leaders in science. Jeremy, De-en and Sergei were honored as DOE researchers. Rahul joined the Laboratory earlier this fall after earning his recognition for work performed under NASA sponsorship.

And a last bit of great news—ORNL recently welcomed its newest Wigner Fellows. Aloke Kumar, Songhua Xu, Mark Berrill, and Xiaoshan Xu are the four newest members of the prestigious two-year Eugene P. Wigner Fellowship Program, which has attracted more than 90 outstanding early career scientists to ORNL over the past 35 years.

Thom Mason

“...”

Takeshi Egami
Director, Joint Institute for Neutron Sciences

Thom Mason and Gov. Bredesen with Wollan’s letter seeking permission for the first neutron diffraction experiments, ca. 1944.
With rappelling ropes and climbing gear in hand, a visiting research team is taking botany to new heights at the Oak Ridge National Environmental Research Park.

Appalachian State University scientists Gary Walker, Mike Madritch and Derek Poindexter recently visited the Bull Bluff natural area on ORNL’s reservation as part of an ongoing project to study how rare plants survive on cliffs.

As team members scouted out plant life on the cliff top, Madritch rappelled down the bluff to collect nutrient traps from the team's last visit. The traps, thin strips embedded with an ion-exchange resin, simulate how plants pick up nutrients as water runs down the rock face.

"Cliffs are thought to be low in nutrients," said Madritch, a biology professor at Appalachian State. "As water comes down the rocks, the plant communities leach out nutrients. If we understand the nutrient cycling, it might help us predict the distribution of rare plant species."

The nutrient availability data will help the team refine its GIS models that help gauge where rare plant species might appear on cliffs and other rock formations. National parks, for example, are interested in using the models to find ways to protect their endangered, threatened and listed species while accommodating recreational climbers.

"As climbing becomes more popular, parks have to manage for recreation and natural resources," said Walker, who has helped develop climbing management plans for areas like the Obed Wild and Scenic River.

ORNL’s natural resources manager Pat Parr said the team’s cliff work adds to the Lab’s database of information and helps us figure out if we need to manage our resources differently.

The Oak Ridge National Environmental Research Park is an ORNL facility that provides more than 20,000 acres of protected land for research and education, particularly in the environmental science field.