

Heartwarming News

Campbell Doing Well With Donor Organ

In September 1993, when Ames Lab and ISU sponsored a 16-kilometer bike ride to raise funds for Kellie Campbell, her liver transplant was only about a month old. Now, a year and a half later, the Lab graduate assistant says she is feeling very good.

But Campbell has had some struggles during her recovery and adjustment period. In January 1994, during the last few days of the holiday break, she went into rejection. "I didn't expect it because my blood tests had been perfect," says Campbell. "I felt tired, dizzy, feverish and nauseous. It came on very quickly, all in one day. I thought, 'Uh, oh. I'm in trouble.'"

Campbell didn't tell her family how she was feeling. Instead she stayed at her home in Capitol Heights, Maryland, for the remaining few days of her vacation before heading back to Iowa and what turned out to be a week at University Hospitals in Iowa City. "I received massive doses of steroids," she says. "They pumped 500 milligrams a day into me to begin with and

slowly tapered it down to 12.5 milligrams a day."

Campbell recovered from that setback, and now her hospital visits are more routine, consisting of six-month checkups in Iowa City and monthly visits to Mary Greeley Hospital in Ames for blood tests. Her immediate health problem is anemia. "It takes a long time for the blood to build back up after a transplant operation," she says. "I'm not on any medication for anemia, but I am trying to improve my diet."

Campbell does, however, take medication to keep her body from rejecting the donor liver, to the tune of \$1300 a month. Her mother's insurance picks up the tab for the lifesaving drugs as long as Campbell is in school, but that will end when she turns 25.

Campbell's medical debts seem overwhelming, but she looks at her situation philosophically. "I do take what I owe seriously. I understand that these bills have to be paid and that you don't just walk away. It's never far from my mind, but I'd rather be poor and alive over the alternative any

day," she says with typical good humor. "I'm still alive, so I can work anything else out. The people at Ames Lab have been so nice, so great and so concerned. How can you not want to keep fighting every day when you have that kind of support?"

Perhaps Campbell also feels that she owes that kind of tenacious spirit to the young man whose death made her life possible. "I think of him every day," she says, "and I write anonymous letters to his family through the hospital. When you're the recipient of a donor organ you are very grateful, but at the same time you realize a family went through a very big tragedy. That's the toughest thing about a transplant—benefiting from a tragedy."

Since her transplant, Campbell has become active in several donor awareness groups and shares an interesting fact about organ donation. "Even if a person has signed an organ donor card, no organ can be donated unless the next of kin agrees. The signed card just makes it easier



Kellie Campbell

for a doctor to approach a family after a loved one has died," she explains. "It takes a lot of courage and love to give someone else a second chance when you know someone close to you has been taken away."

Campbell realizes that without the liver transplant she wouldn't be alive today. "Organ donation saved my life," she says. "I wouldn't be here if it weren't for the hero who signed the organ donor card." ■

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INSIDER

Newsletter for the Employees of Ames Laboratory ■ Volume 6, Number 2 ■ February 1995



When it comes to Cyclone basketball, the Lab and ISU are just one big happy family. We like to cheer the Cyclones on and see them win. And that's exactly what happened the night of January 11 when over 150 Lab employees, their spouses and friends showed up at Hilton Coliseum for the game between ISU and St. Louis University. ISU came out on top with a 79 to 66 win. But that wasn't the only victory that evening. Bouncing with energy and full of playful antics, loveable little Clone won the hearts of many Lab fans, young and old alike.



INSIDER

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This is an exciting time to be the acting director of the Ames Laboratory. I am proud to be a part of this institution and to be working with you to help the Lab remain a healthy organization in this time of change. I'd like to share with you some of my ideas in that regard and to comment on other issues that you may have heard about.

I continue to have extensive conversations with various ISU officials, and there are several things they have consistently communicated to me. They understand that Ames Lab is a high-quality organization that adds great value to ISU, but they also realize the importance of the Laboratory having its own identity as a federal facility.

Recently we've begun an extensive planning and self-study initiative. This involves, in part, the development of issue papers on numerous topics important to the Lab. At the top of the list is consideration of the future directions of our basic research and applied mission-driven research and development activities. Other issue papers are being devoted to computing, networking and telecommunications; industrial relations, including technology transfer and

intellectual property issues; Laboratory organization to ensure that our scientific programs are structured appropriately to allow us to take advantage of new opportunities for research and development within DOE; administrative and

"These are exciting times for the Laboratory. I'm certain that with appropriate planning and the continuing dedication of Ames Lab employees, the Laboratory will continue to grow and prosper."

—Jim Corones

operations issues; the IPRT agreement; contract issues; personnel management; communications; shops, management process, space and institutional issues.

I have asked key members of the Lab to form teams to prepare these issue papers and to recommend a plan of action to address the concerns raised. Once this is completed, Lab employees will have an opportunity to comment on the issues.

As another aspect of the broad initiative, members of a management consulting team have already visited the Lab to help us clarify management issues. They've met with the Lab's Executive Council, the Office of Assurance and Assessment, and the Environment, Safety and Health Group. I view this as the beginning of a process that will help us work more effectively and efficiently.

Finally, let me take this opportunity to bring you up to date on the status of the new Ames Laboratory contract. As many of you are aware, Ames Lab is a GOCO or Government-owned Contractor-operated facility, a designation it's held for the past 47 years. Under the terms of the contract, we're managed and operated by Iowa State University. The current Lab contract expires December 31, 1995. I'm confident, given my current knowledge, that next December ISU will sign a new five-year contract with DOE for the continued operation of the Lab.

These are exciting times for the Laboratory. I'm certain that with appropriate planning and



Jim Corones

the continuing dedication of Ames Lab employees, the Laboratory will continue to grow and prosper. As new information reaches me, I will pass it along to you in future columns in *Insider*.

— Jim Corones

Walking on the Wild Side

Preserving wildlife and the environment is not just a side interest for Rebecca Shivers; it's a passion that includes a farm on the west side of Ames that she's turning into a wildlife preserve. She has even received her certification from the Federal Wildlife Foundation for a backyard preserve.

"You have to fill out a form describing everything you can provide, such as food, water and shelter. It tells the Foundation what kind of habitat you have and covers all wildlife, including birds, butterflies, snakes and frogs," explains Rebecca, administrative specialist for Condensed Matter Physics. "I also had to tell them what was in the habitat to support this wildlife, such as my birdbath, which is heated in the winter and a stream that meanders through the farm."

Rebecca has become an avid wildlife watcher and has many stories to tell about the animals that live near her home.

"We have sensor lights in the yard," she says. "When they light up at night, we can see what animal made them come on." One night Rebecca left some pizza sitting outside and videotaped a skunk eating it. "He just ate the topping," says Rebecca with a chuckle. "He didn't seem to like the crust."

Rebecca is an active member of many environmental organizations, including Trees Forever and the Big Bluestem Audubon Society, for which she is a board member. On January 1, she joined other members of the Audubon Society in counting the birds in Boone County. Through her memberships and her wildlife habitat, she hopes to preserve a slice of nature.

"I'm also on the City of Ames Quality of Life committee to make the quality of life better for the people who live in and around Ames," she says. "When a



Rebecca Shivers

developer or builder comes in, they don't have to remove all the trees. They can build around them and make them a part of the planning process. As a member of Trees Forever, I try to educate people on why we need more trees and ways to obtain trees native to this area. We shouldn't bring in big, exotic trees that are not resistant to disease and then wonder why they're dying after five or ten years."

Rebecca is also known for her recycling efforts on campus, including a push for recycling bins in the physics buildings. She collects and sorts recyclable materials from her building. The money from the cans she collects goes to buy trees and shrubs, which she either plants on her preserve or donates to the Big Bluestem Audubon Society. ■

Balancing Act

Balance seems to be the key to Dave Torgeson's life. His hobbies not only support one another, they also support his work.

Dave owns a small business in which he manufactures scientific instruments that he uses in his research and also sells worldwide. This, in turn, supports his love of flying and the airplane that he uses on trips involving both his own business and Ames Lab business.

In his basement shop, Dave, physicist in Condensed Matter Physics, builds electrical and mechanical research equipment. He also has the help of technicians who assist him with parts he is unable to assemble himself. The instruments he builds include devices that evaluate the properties of materials. Dave is able to compete with big manufacturers because his research instruments are smaller and less expensive. His equipment has been sold worldwide, mostly through word of mouth.

"Most of my recent customers have been outside the U. S.," says Dave. "We sent a piece of equipment to Bombay, India. That's probably the farthest."

The money earned from these sales allows Dave to take off in his plane whenever business or pleasure calls him away. Although most of his flying is done locally, he has traveled farther, including a trip to Concord, New Hampshire, which he made for Ames Lab.

Dave got hooked on flying when he was an undergraduate student at Luther College in Decorah, Iowa, and he has been flying for over 37 years. For the past eight, he has owned a single-engine, four-passenger Cessna.

"Like all pilots who get hooked on flying, the fun is the other dimension of motion," he explains. "If you're in a car, you can go north, south, east or west.



Dave Torgeson

In an airplane, you can also go up and down. Going up and down is part of the fun. There's something almost magical about gliding into a landing or taking off and making that transition from ground to air."

Dave warns that flying isn't always the best way to go, however. If the weather is bad it may be best to take a car. "If you've got time to spare, go by air," is Dave's motto. "When I went to New Hampshire I had to wait a day going and a day coming back for the weather to improve before I could proceed. That's just a fact of life in flying. If you're going to fly, then fly when the weather is good." ■

NEW ACTING DIRECTOR OF AMES LAB MANAGEMENT OFFICE

Gaile Higashi is the Acting Director of the Ames Lab Management Office in Chicago, replacing Jim Fletcher.

EMPTY LASERJET CARTRIDGES

All empty LaserJet toner cartridges must be returned to Stores in their original boxes. DO NOT THROW AWAY the toner cartridge boxes. All cartridges are returned to the manufacturer for recycling.

CLEANUP OF THE CDS

Shipment of the wastes from the Chemical Disposal Site began in January and should be completed by late February. The drums and soils have been removed and shipped to Utah. Approximately 13 roll-offs containing sheet metal found in the pits plus mulched trees and wood chips remain on the site waiting to be shipped.

TRAINING SCHEDULE

Call Beth Lott (4-9972) to reserve

NEW EMPLOYEE TRAINING

February 16 and 23
8:15-11:45 a.m.
Held in 305 TASF
February 20 and 27
1:15-4:45 p.m.
Held in 305 TASF

HOISTING AND RIGGING

February 21
10-11 and 11-noon
Held in 158 MD
Instructor: Dave Birlingmair/
Barbara Egbert

ELECTRICAL SAFETY, 120 VOLT PLUG WIRING

February 16
2-3 p.m.
Instructor: John Hjortshoj
Held in 158 MD

BASIC ELECTRICAL SAFETY (<600 volts) PART I

February 20
8:30-11:30 a.m.
Held in 305 TASF
Instructor: John Hjortshoj

BASIC ELECTRICAL SAFETY (<600 volts) PART II

February 27
8:30-11:30 a.m.
Held in 305 Spedding
Instructor: John Hjortshoj

ARTFUL NEGOTIATION

February 21
2:30-4:30 p.m.
Instructor: Charlene Gooch
Held in 305 Spedding

VEHICLE CREDIT CARD

If you need to fill an Ames Lab vehicle with fuel, you may do so with the GSA credit card provided. The credit card may be used only at major oil companies: Amoco, Texaco, Phillips, Kerr-McGee, Sun Oil, Mobil and Conoco. Convenience stores, such as Quick Trip, Kwik Shop and Casey's will not accept the GSA credit card.

The credit card can also be used for emergency repairs up to \$150. Repairs costing more must be approved through GSA. Contact phone numbers are listed in the Vehicle Operator's Manual located in each vehicle's glove compartment.

BOOK EXCHANGE

The paperback book exchange is now located in Vendoland, G51 TASF.

PENTIUM CHIP PROBLEMS

Some of Intel's Pentium computer chips are flawed and causing problems. If you have a Pentium chip installed in your computer, call Ken Van Pelt at 4-7955, and he will run a software program that will determine if your chip is good or bad. If you have a bad chip, contact Tracy Scebold in Purchasing at 4-1787 about obtaining a clean chip.

Allie **TO AGAIN FEATURE TIAA/CREF INFORMATION**

The Ames Lab Lunchtime Information Exchange (ALLIE) will hold another session on TIAA/CREF accounts at noon on Tuesday, March 7. Bring your most recent TIAA/CREF statement and learn how to interpret it. See bottom of page 4 for more topics that will be covered.

Bring your sack lunch.

Note: This ALLIE will extend beyond 1 p.m. Be prepared to stay longer.

WANDERING A/V EQUIPMENT

Please do not remove audio/video equipment from Spedding Hall conference rooms for use in TASF conference rooms. If A/V equipment is needed, arrangements can be made through ESG-Graphics in room 132 TASF.

The room reservation database is being modified to reflect the equipment available in each meeting room and will allow A/V equipment to be reserved for all rooms.

Note: Supplies for the dry erase marker boards in TASF can be purchased in Stores.

CONFERENCE ROOM KEYS

Keys for the Spedding Hall conference rooms are available from the Director's Office in 311 TASF. In order to check out a key, you must bring the room reservation form that is automatically printed when you make the reservation.



Rohit Trivedi, senior metallurgist, received the Minerals, Metals & Materials Society's (TMS) 1995 Bruce Chalmers Award. Named for Professor Bruce Chalmers who is acknowledged as the father of modern solidification science, Trivedi received the award for his "significant theoretical and experimental work on the microstructure and phase selection criteria under normal and rapid solidification conditions, and for his contributions to the basic understanding of nonlinear interface pattern formation in directional solidification." Trivedi received the award at the TMS meeting in Las Vegas in February.



Velmer Fassel, associate, will receive the Pittsburgh Analytical Chemistry Award at the 1995 Pittsburgh Conference in New Orleans in March. Selected by the Society of Analytical Chemists of Pittsburgh, Fassel was recognized for the long-term contributions he has made to the field of analytical chemistry, particularly in spectroscopy. A symposium will be held in his honor with Sam Houk, senior chemist, and Ed Yeung, program director for Environmental Sciences, participating.

A Really Good Show

Admin Division Holds Annual Stockholders Meeting

A "social minute" was the first thing on the agenda for the Administration Division's annual Stockholders Meeting on Tuesday, January 24. After picking up a doughnut and a cup of coffee, division employees filed into the Spedding Hall auditorium for what Division Director for Administration John Eckert pitched as a "really good show."



Jim Corones

Getting the show rolling, Eckert promised words of wisdom from his surprise guest, Acting Director Jim Corones. Corones took his cue and quipped back, "I didn't sign up for words of wisdom."

Whether he'd signed up for it or not, Corones did share a meaningful message with those present. Noting that there is a lot of change going on in science and technology policy, he emphasized that we need to adapt to that environment to stay healthy on the whole. Congratulating Lab employees for their hard work in



Jim Brazelton, right, accepts the Administration Division Employee of the Year traveling plaque from John Eckert.



Ila Haugen



Don Heim



Les Merritt



Diane Den Adel



Linda Penn



Jerry Jenison

that direction, he added, "I've always been a believer in the old-fashioned idea that the people who actually do the work know what's going on. There is a real sense of cooperation and community at work within the Lab."

Following Corones' remarks, department managers reviewed the progress made last year and discussed new directions and goals for the current year for the individual departments in the Administration Division.

After a brief tour of Scotland via Jerry Jenison's slide show, Eckert announced that Jim Brazelton,

packaging and transportation supervisor, had been voted Employee of the Year for the Administration Division. Although this is the fifth year an employee has been selected for this honor, Brazelton is the first male to capture the title.

Along with the title come a few rewards. Brazelton will receive a \$100 savings bond, and his name will be added to a traveling plaque that he will keep until next year's Stockholders Meeting. Then there's the matter of the month's use of Eckert's reserved parking space. But Eckert and Brazelton are still negotiating that one. ■

Sharing the Research Workload

Ames Lab Joins Forces With GM

Under a Cooperative Research and Development Agreement (CRADA), Ames Lab recently joined research efforts with General Motors Corp. to develop new sensor materials for use in a variety of automobile systems.

"The thrust of this research is either to discover new materials with specific properties or to optimize existing ones," says Paul Canfield, Ames Lab physicist and a principal investigator on the GM project. As vehicles become more computer-controlled, the

sensors that provide feedback on what the systems are doing are even more important. Computers can make intelligent decisions about how to use the resources of the vehicle, and better sensors will mean better feedback for both new or existing systems.

"This is a necessary step toward providing customers with what they have come to expect in terms of performance while meeting national needs, such as those of safety, fuel efficiency and clean air," says Carlton Fuerst,

staff research scientist at GM and a principal investigator on the CRADA. "Obviously, anything that moves our manufacturing toward that goal would benefit society, consumers, the government and GM."

Sharing the research workload is one reason for fostering such relationships between industry and federal research facilities. "This CRADA is significant not only because of the potential it provides for the development of a major new industrial capability with broad application possibilities, but also because it enables



Paul Canfield

division director for Planning and Technology Application.

Technology developed under this CRADA could also impact other industries, ranging from manufacturing to power generation. ■

both partners to pursue their scientific goals with greater effectiveness than they might achieve individually," says Dan Williams,

Taking Account of Your Accounts

Determining how to allocate funds for your TIAA and CREF accounts was the topic of discussion at the January 26 Ames Lab Lunchtime Information Exchange (ALLIE).

Coordinated by the Office of Public Affairs, the ALLIE featured Ann Molison, an ISU retirement advisor, who provided employees with information about TIAA and the various CREF accounts. During the session, Molison made suggestions on how employees could diversify their investment portfolios as well as make allocation changes to and transfers within those portfolios.

There was a high level of audience interest and participation, with many people asking questions and many offering their personal points of view on investment strategies.

Although the decision on exactly how to invest for your retirement years can be complex and involve an array of investment choices, those attending the ALLIE seemed to agree that if you have 20 to 30 years until retirement, you're making the biggest mistake of your life if you don't invest 100 percent in CREF. ■

DUE TO THE POPULAR

appeal of the retirement investment session, a follow-up *Allie* will be offered March 7 at noon in the Spedding Hall auditorium. It will feature discussions on:

- how to interpret your quarterly TIAA/CREF reports;
- how payout rules affect investment decisions;

- investment strategies based on age, family and willingness to risk; and
- a question and answer time for CREF accounts.

NOTE: This ALLIE will extend beyond 1 p.m. Be prepared to stay longer to take advantage of the question and answer portion.

BRING A SACK LUNCH.

Here's To Your Good Health

"With the start of a new year, many people decide they want to improve their health and begin diets and fitness programs. So this also becomes the time of year that health professionals like to encourage and educate the public about healthy lifestyles," says Karen Hermanson, nurse in Occupational Medicine.

Taking advantage of a chance to promote good health, the Lab's Occupational Medicine Department participated in ISU's Carnival of Health on January 26 in the Memorial Union.

Visitors to the Occupational Medicine booth were challenged to test their wits by answering health-related questions. Correct answers were rewarded with prizes that included bookmarks and pencils.

The Lab's Occupational Medicine staff provide treatment and consultation to Ames Lab and ISU employees for any illness or work-related injury. Your good health is their business. ■



Karen Burk, nurse, and Staci Purdum, typist clerk, discuss health issues with visitors to Occupational Medicine's booth.

Ames Lab Responds to DOE Audit

Action Plans Address How Lab Will Correct Findings

Formal Action Plans have been submitted through Chicago and the Office of Energy Research to the Office of Environmental Audit at Headquarters in

response to the findings of a routine environmental appraisal. A 10-member appraisal team visited Ames Lab last September to review environmental management systems and performance in waste management, toxic and chemical materials management, environmental quality assurance, and environmental monitoring and surveillance. The Lab will receive the final audit report by March 1.

Action Plan Coordinators assigned to each Action Plan are responsible for initiating and facilitating activities necessary to correct the finding. All but one of the Action Plans should be completed during 1995.

ACTION PLANS

Environmental Monitoring Plan (EMP) The EMP will be revised to comply with DOE Order 5400.1 and will discuss effluent monitoring and environmental surveillance.

Environmental Monitoring Quality Assurance Program (EQAP) Plan The EQAP will be developed as a specific component of the Lab's environmental monitoring program and will include quality assurance in program design, procedures, field quality control, laboratory quality control, data management, chain-of-custody procedures and audits.

Implementation of Manager Walk-Throughs Consistent routine inspections of Ames Lab facilities and activities will be initiated and will include a standard reporting form and instruction on the development of Walk-Through Checklists.

Routine Communication of Environmental Performance Data The Office of Assurance and Assessment

(OAA) and the Environment, Safety and Health Group (ES&HG) will review practices for formal and routine communication of ES&HG performance information, focusing on the communication throughout line management of information from internal and external assessment activities, ES&HG activities including waste management statistics, and action-plan tracking.

Ames Lab Action Tracking OAA has initiated plans for the development of an Ames Lab Action Tracking System (ALATS) that will track external audits and findings, Continuous Improvement Recommendations, directives and Ames Action Plans.

Environmental Management Roles and Responsibilities Roles and responsibilities for environmental management activities will be reviewed with focus on upper management staff, Science and Technology Division staff, hazardous waste coordinators, safety coordinators and safety representatives. Generic position description documents will be developed to reflect formal and specific environmental responsibilities and expectations.

External Party Environmental Working Relationships Ames Lab's ES&HG and ISU's Environmental Health and Safety Group will coordinate and identify opportunities for sharing such things as information, training, lessons learned, equipment, procedures for waste management, and other plans and policies concerning environmental programs that will benefit both groups.

Emergency Planning and Reporting The first phase is to implement Argonne National Laboratory's Material Safety Data

Sheet database. The second phase will be to either improve the database to capture all incoming material and track material as it is consumed or to obtain a database that will perform the required function. The chemical response subteam and the health physics subteam are also documenting response procedures that will be included in the next revision of the Ames Lab Emergency Plan.

Hazardous Waste Management Program The Hazardous Waste Management Program Manual revision, scheduled for completion in May, will include definitions and requirements of satellite accumulation areas vs. waste accumulation areas and clarification of roles and responsibilities for waste generators, hazardous waste coordinators, line management and ES&H.

Adequate Environmental Staffing and Appropriate Use of Staff The Lab will

develop a schedule and train the chemical safety technician in waste management and hazardous materials management. The Lab will also increase its environmental staff by one FTE.

Adequate Environmental Performance Reviews The environmental appraisal program used for topical appraisals will be revised and expanded to include adequate checklists to address environmental compliance and management items. A schedule will be developed to ensure that all programs are reviewed yearly.

Adequate Radioactive and Mixed Waste Management Procedures The Waste Management Program Manual will be revised to include references to radioactive and mixed waste policies and procedures. A separate Waste Characterization Plan for all wastes and a Transuranic Waste Certification Plan will be developed and implemented. ■

The World at Your Fingertips

Ames Lab's home page is now available on the World Wide Web. It contains an overview of Ames Lab and has information about the Lab's research programs, technology transfer, educational programs, technical services, waste site activities, news releases and career opportunities. It also includes the Lab's phone book.

To access the Lab's home page, you must be connected to the network and have an Internet browsing program such as Mosaic or Netscape loaded on your computer. The Uniform Resource Locator (URL) is: <http://www.ameslab.gov/>. Mosaic and Netscape are both available via the network and the public volume.

Words or phrases in blue can be clicked on to select more information. After requesting this information, that word or phrase turns a different color, usually red or magenta, to help you see where you've traveled on the Web.

The Web is a universe of network-accessible information that uses hypertext and multimedia techniques to make it easy to access and contribute information. It's the fastest growing service on the Internet.

Ames Lab programs are encouraged to add to the information already on the home page. A style guide is available in Public Affairs. ■