

The Communicator – November 2011

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Are you tough enough?

Thirteen plus miles with a 2,300 foot elevation gain, over 25 military-style obstacles like electric shocks, ice-cold plunges, barbed wire crawls, mud pits, logs, hay bales, and 12-foot high walls – and this was fun?

“The Tough Mudder [<http://toughmudder.com/>] was one of the most amazing experiences of my life,” says Kristi Duenas (8128). Despite hurting her shoulder and pulling an oblique muscle, she’s already signed up for the 2012 event.

Kristi was one of 25 Sandians and friends who participated in the Tough Mudder Nor Cal 2011, held Sept. 17 and 18 at Squaw Valley Ski Resort in Lake Tahoe. Billed as “the toughest event on the planet,” Tough Mudder tests toughness, fitness, strength, stamina, and mental grit.

Created by Will Dean and Guy Livingston as a tougher and less competitive alternative to traditional road races, Tough Mudder is about finishing the course with a story to tell. It’s also about camaraderie – with teammates and strangers you meet on the course.

“Some of the obstacles you just couldn’t do alone,” says Michele Clark (8100). Scaling a slippery, 12-foot wall doesn’t happen without a boost and someone to pull you over the top. When people twisted ankles – not an uncommon occurrence – coming down the slippery mountain slopes, strangers would stop to help. One especially inspirational team carried a member in a wheelchair through the entire course.

So how did 25 Sandians and friends find themselves on Team Mud N Guts? Most fingers are pointed at Mark Dansson (8128). “When I first heard about Tough Mudder, my first thought was ‘are you crazy? I’m not paying good money to kill myself,’” says Kristi.

But the bug had been planted. She and Alex Hoops (8128) started talking about the race and a month later Kristi signed up before she could change her mind. Donald Ward (8131) agreed to do the Tough Mudder with his brother as a wedding gift. When Stephan King-Monroe (8237) heard that others were doing the Tough Mudder, he decided to join in the fun. “I was looking for a physical challenge and an excuse to get into shape,” he says.

Mindy Hutchings (8517) loves participating in active adventures, so Tough Mudder was just the ticket. “It really gives me an overall sense of accomplishment and fulfills my need for camaraderie,” she explains. “Tough Mudder raises money for the Wounded Warrior Project, and with my son enlisted in the US Marine Corps, supporting this organization is a win-win! I hope

my boy never needs the benefits provided by the Wounded Warrior Project, but I'm happy to contribute to those who do."

Pretty soon over 20 Sandians, plus more family members and friends, had committed to the race. The Mud 'N Guts team members trained by running solo and in groups, taking exercise classes at the Lifestyle Design Center (LDC), cycling, hiking, swimming, lifting weights – the Tough Mudder has so many varied obstacles, that any form of exercise applies.

One obstacle you wouldn't want to train for, much less endure, is the "Chernobyl Jacuzzi." Participants had to leap into a water-filled pit and swim under a divider. When they emerged on the other side, they were surrounded by ice. "The water was so cold, I had to punch my way through a thin layer of ice to surface," says Kristi.

Donald agrees that the Chernobyl Jacuzzi was the toughest obstacle. "After a long run down a very steep slope my body was completely exhausted. As soon as I hit the water my legs seized up and cramped," he says.

Other tough obstacles included the Kiss of Mud, crawling through mud under barbed wire; Funky Monkey, monkey bars with rotating bars; Boa Constrictor, squeezing through a series of pipes partially submerged in muddy water; Cliff Hanger, scrambling over a muddy mountain rock; and Electroshock Therapy, a sprint through a field of live wires. The Fire Walker, a run through blazing kerosene soaked straw, was not used because of the high fire danger in the area.

Despite the bruises, cuts, sore limbs, and sheer exhaustion, all of the Mud 'N Guts team members say the Tough Mudder was an incredible experience. Most of the team is planning to do Tough Mudder again in September 2012 and they've recruited a few more coworkers, friends, and family.

"I would have repeated the course on the same day if I could," says Kristi. Mindy, Alex, and Stephan are thinking of participating in the SoCal Tough Mudder on Feb. 25 and 26 at Vail Lake Resort.

Interested in joining the 2012 Mud 'N Guts team? Contact Michele Clark at 294-2885 or mmclark@sandia.gov.

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Photo: Tracy Volger, Donald Ward, Fernando Cabezas, Alex Hernandez, Michael Jew, Mark Dansson, Stephan King-Monroe; Seated: Michele Clark, Mindy Hutchings, Kristi Duenas, Alexandra Hoops

Team Mud ‘N Guts: Fernando Cabezas (8511); Tim Carpenter (LLNL) and Iain Searle (Tim’s friend); Michele Clark; Mark Dansson; Kristi Duenas, Brent Bueno (Kristi’s friend), Jeff Bowie (Kristi’s cousin), Anna Hildebrand (Jeff’s girlfriend), and Bryce Greenfield (Kristi’s friend); Alex Hernandez, Melissa Hernandez (Alex’s wife), and Lupe Casillas (Alex’s friend); Alexandra Hoops; Mindy Hutchings; Michael Jew (8259); Stephan King-Monroe; Donald Ward, Jonathan Ward (Donald’s brother), Tim Carpenter (Donald’s friend), Kevin Fippin (Jonathan’s friend), and Nathaniel Fry (Jonathan’s friend); Tracy Volger; and Patrick Windus and Valerie Windus (former US Security contractors).

Active for Life Health & Fitness Labs Challenge

The 7th annual Active for Life (AFL) Health and Fitness Labs Challenge, sponsored by Sandia and the American Cancer Society, is running full-steam ahead. Sandians are exercising on average nearly 42 minutes per person, per day!

Currently, Nevada National Security Site (NNSS) and Argonne National Laboratory are in the lead, but Sandia can overtake Argonne if each participant increases activity by a mere 2 minutes per day. To overtake NNSS, each participant only needs to increase activity by 5 minutes per day.

AFL is a 10-week fitness challenge that encourages participants to be more active and eat healthier foods on a regular basis. Sandians who participate in AFL benefit by revving up their fitness programs and by becoming better acquainted with their coworkers. In addition, winning teams are rewarded with fun prizes.

DOE Lab	Number of Participants	Average Exercise Minutes/Day
NNSS	210	46.47
Argonne	462	43.41
Sandia	162	41.43
LANL	1,261	39.49

On Oct. 19, AFL participants really got moving with the group exercise marathon. Nearly 60 people turned out for core training, indoor cycling, power circuit, turbo kick, martial arts, tai chi, pilates, and yoga.

With just three weeks left in the fitness challenge, don’t miss these special Lifestyle Design Center (LDC) events:

Urban Dare—November 16: This is a race where smarts can beat speed. It’s part trivia, part photo hunt, and includes mental and physical challenges. Meet at the LDC at 11 am.

Healthy Holiday Cook-Off—November 17: Participants share their favorite holiday recipes with a healthy twist. Bring your dishes and recipes to 915/W133, 11:30 am.

Maintain No Gain: The LDC's annual challenge to help participants keep their pre-holiday weight from Thanksgiving through New Year's Eve kicks off this month. Some upcoming Maintain No Gain activities are:

- **Turkey Burn/5K—November 23, 11 am at the LDC:** Participants can choose to run or walk. We encourage them to show up wearing a crazy/funny t-shirt to be entered for a prize.
- **Mocktail Mixer Demo—December 8, 11 am at 915/W133:** Participants will learn how to make non-alcoholic beverages. For this event, participants who show up wearing an ugly holiday sweater will be eligible to win a prize.

Maintain No Gain participants will weigh in before and after the holidays. Contact Emily Thompson at 294-3703 or email saludca@sandia.gov for more information and to register for the program.

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Corporate support for educational outreach and learning activities

For Sandia employees, corporate support is available for both educational outreach and learning activities. Employees can request that up to 40 hours of their time spent doing education outreach work during normal working hours be covered by A280. Activities such as Take our Kids to Work Day, the Sandia Women's Connection Math & Science Awards, Expanding Your Horizons, or the DOE Science Bowls are all eligible for A280 time. For more information see <https://my.sandia.gov/authsec/portal/cps/humanResources/policy/process/procedure?procedure=HR100.2.5§ion=all>.

Sandians are also eligible for corporate funding for up to 32 hours of education/learning time within a fiscal year. The learning activity must relate to or enable the missions of the Laboratory. Internal and external coursework as well as self-directed learning are appropriate uses of the corporate P/T for learning activities. Managers and technical staff may use this time; however, postdocs, LTEs, and interns are not eligible.

Please use the Strategic Education Initiative Wizard (http://info.sandia.gov/learning_wiz/index.html) to determine if you qualify. For more information, see Corporate Procedure: HR100.2.5 Sandia Strategic Education Initiative at <https://my.sandia.gov/authsec/portal/cps/humanResources/policy/process/procedure?procedure=HR100.2.5§ion=all>.

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A new way to get social

Whether you are looking for a tennis partner, trying to sell your old dryer, or have questions about almost anything, there is now one place to go: the Sandia/California Get Social! website (<http://getsocial.sandia.gov>). This new site helps employees meet colleagues, share ideas, and organize events and clubs. Already the site has special interest groups for games and puzzles, golf, online gaming, signal processing and communications, soccer, Star Trek, tennis, ultimate Frisbee, and the new Workplace Aspiration Group (WAG), which is focused on creating and improving opportunities for social interaction at Sandia.

One of the organizers, Derek Young (8229), started a tennis club, which currently runs a tennis ladder and maintains the online court reservation calendar (<https://snl-wiki.sandia.gov/display/hub/Tennis+Court+Reservation>). Members of the games and puzzles group share brainteasers and plan lunchtime activities on their forum. Any Get Social! user can create a new special interest group.

Get Social! also has a community discussion board where users can post questions. Topics so far include one on the out-of-pocket cost of having a baby under Sandia Total Health and another on locating a Molecular Biology Techniques short course. The site also has For Sale and Help Wanted sections.

"I hope people will return frequently to Get Social! to see the latest discussions and posts," says Derek. "The more people use the site, the more useful it will become for everyone."

Piñatas, salsa, and dessert, oh my!

The Hispanic Leadership Committee (HLC) marked Hispanic Heritage Month, Sept. 15-Oct. 15, with music, food, and events including the annual piñata contest and salsa and dessert contests. Both events were celebrated with live entertainment and lunch from El Dorado Restaurant in Stockton.

On Sept. 14, the piñata contest was held in the DISL outdoor patio area. Costa De Oro Ballet Folklorico dancers performed while everyone enjoyed lunch and voted for their favorite piñata. The winners were:

Most Original

“The Safety Squad”

Angelina Sandoval and Alisha Sibert (both 8517)

People’s Choice

“4 Sandians & A Consultant = Angry Bird”

Tuesday Armijo (8953), Linda Armijo (89451), Donna Blevins (8953), Carly Tanaka-Lubensky (8947)

Most Wacky

“The Awesome OMAs”

Lori Lichtenberger (8620), Melanie Steadman (8600), Dolores Antonio (8650), Liz Joseph (8621)

On Sept. 27, the HLC held another celebration featuring Rigoberto Jiminez’s acoustic guitar music and the salsa and dessert contests. The judges chose Danielle Fernandez’s (85141) salsa (made by her husband) as the first-place winner, followed by Shannon Yeoman (8531) in second place and Matt Roddewig (8226) in third. The people’s choice winners were Danielle, Shannon, and Kristy Sibert (8522) in third place.

In the dessert contest, both the judges’ and people’s choices were in complete agreement. They chose Annette Mahmoud’s (8944) sopapilla casserole as the first-place winner, gave Xihn Lorente’s (8514) alfajores (<http://www.recipegirl.com/2009/03/30/how-to-make-homemade-alfajores/>) the second-place award, and Leticia Longoria’s (8514) arroz con leche (<http://www.whats4eats.com/desserts/arroz-con-leche-recipe>) received the third-place award.

Want to taste a winner? Try Annette’s sopapilla casserole:

Ingredients:

- two 8 ounce packages cream cheese, softened
- 3/4 cup white sugar
- 1 teaspoon Mexican vanilla extract
- Two 8 ounce cans refrigerated crescent rolls

3/4 cup white sugar
1 teaspoon ground cinnamon
1/2 cup butter, room temperature
1/4 cup honey

Directions

1. Preheat an oven to 350 degrees F (175 degrees C). Prepare a 9x13 inch baking dish with cooking spray.
2. Beat the cream cheese with 1 cup of sugar and the vanilla extract in a bowl until smooth.
3. Unroll the cans of crescent roll dough, and use a rolling pin to shape the dough from each can into a 9x13 inch rectangle. Press one dough rectangle into the bottom of a 9x13 inch baking dish.
4. Evenly spread the cream cheese mixture into the baking dish, then cover with the remaining dough triangle.
5. Stir together 3/4 cup of sugar, cinnamon, and butter. Dot the mixture over the top of the cream cheese mixture.

Bake in the preheated oven until the crescent dough has puffed and turned golden brown, about 30 minutes. Remove from the oven and drizzle with honey. Cool completely in the pan before cutting into 12 squares.

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Chuck Mueller named SAE fellow

Chuck Mueller (8362) has been named a Fellow of the Society of Automotive Engineers (SAE). Established in 1975, the Fellow grade honors and recognizes important engineering, scientific, and leadership achievements to enhance the status of SAE's contributions to the profession and to society.

Chuck was selected based on his outstanding accomplishments, pioneering technical contributions, and leadership in fuels research. He and the other newly elected Fellows will be honored during the SAE 2012 World Congress and Exhibition in Detroit the week of April 23. Sandia has four additional SAE fellows: John Dec (8300), Dennis Siebers (8362), and Pete Witze, all named in 1998, and Paul Miles (8362), named in 2006.

Earlier this year Chuck received the 2011 SAE Forest R. McFarland Award for his outstanding contributions to the work of the SAE Engineering Meetings Board. In 2009, he received the SAE John Johnson Award for Outstanding Research in Diesel Engines in recognition of a his paper, "An Experimental Investigation of the Origin of Increased NO_x Emissions when Fueling a Heavy-Duty Compression-Ignition Engine with Soy Biodiesel." Chuck's other recognitions include the SAE Harry L. Horning Memorial Award, the SAE Arch T. Colwell Merit Award, and the Silver Medal of the Combustion Institute for his publications; and the SAE Lloyd L. Withrow Distinguished Speaker Award for his presentations.

Chuck is an engineer at the Combustion Research Facility (CRF). He received a Ph.D. in aerospace engineering from the University of Michigan in 1996, holds an M.Sc.E. in aerospace engineering from the University of Michigan, and has B.Sc. degrees in aeronautics and engineering physics from Miami University. He has authored or co-authored more than 40 technical papers in the field of engine combustion and fuels.

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