

## FRIB SCIENTIFIC USER PORTAL IS LIVE

Contributed by Jill Berryman

We would like to highlight the recent launch of the [FRIB Scientific User Portal](#) and invite everyone to check it out, especially if you plan to be involved in FRIB experiments. The FRIB Scientific User Portal serves as the single web interface facilitating personalized web-based interactions between scientific users and the FRIB Laboratory. Here, you (the scientific user) will be able to:

- Confirm your FRIB Users Organization (FRIBUO) membership
- Manage your FRIBUO profile
- Select and manage your FRIBUO email preferences
- Join an equipment collaboration within the FRIBUO
- Submit proposals to apply for beam time at FRIB

In later phases of the user portal

- Apply for access to FRIB facilities and a badge
- Enter into a user agreement
- Take required trainings and see training status
- List publications and notable outcomes, such as a PhD thesis, from an FRIB experiment
- Update affiliation information if your institution changes

To join, go to <https://userportal.frib.msu.edu/>. Please note:

- Google accounts or accounts that have a Google Workspace subscription are supported. The google account is used as a unique identifier, and the same account can then be used if one changes institutions.
- If you prefer not to use a personal google account, your institutional login credentials may work for the Google login; you may wish to check with your institution to see if they have an agreement with Google.
- To manage your membership in the FRIBUO and benefit from the other user portal features, you must log in to the user portal and select Profile, then FRIBUO Membership.

The launch of the user portal comes in advance of the deadline for submission of proposals to the first FRIB Program Advisory Committee (FRIB PAC1). The deadline for proposal submission is February 22, 2021. More information, including the [Call for Proposals](#) for FRIB PAC1 and [information on the proposal preparation process](#), can be found on the FRIB website.

## PRIORITIZING MENTAL HEALTH

The past year, 2020, was challenging for many reasons. One of the important lessons we learned was that we should give priority to our mental as well as our physical health. How we should approach that can vary greatly. The pandemic has highlighted our different situations and personalities. What might work for one person might not work for another. Some of us may feel isolated and lonely, being unable to socialize with co-workers and being at home. Others may feel overwhelmed at home, meeting the needs of their family while also working full time. These stresses are real, and need to be addressed so that they don't overwhelm us.

The long grey days of a Michigan winter may not help. It is well known that seasonal affective disorder occurs in climates where there is less sunlight at certain times of the year. Symptoms include fatigue, depression, hopelessness, and social withdrawal. Treatments include light therapy (phototherapy), talk therapy, and medications.

MSU offers a few confidential programs to help employees take care of their mental health. In the Lab, we have access to Marsha Carolan, who has recently retired from academia, is a licensed therapist and is designated as the FRIB Wellness Coach. Marsha offers free and confidential services to everyone in the Lab. She is available for teletherapy and will set up a Zoom meeting with you to talk. You can contact her at [carolan@frib.msu.edu](mailto:carolan@frib.msu.edu)

The [Employee Assistance Program](#) is another free, confidential counseling service available to MSU employees. They have many services, including short-term

therapy, referrals to community therapy, consultations about difficult workplace situations, managerial consultations, and more. To make an appointment, you can email [eap@msu.edu](mailto:eap@msu.edu) or call 517.355.4506.

The Worklife office at MSU also has many resources to support mental health. As their website says: “We need to be more intentionally inclusive and mindful of how we each participate for our best wellbeing and productivity.” This is a great reminder that mental health affects everyone, yet not everyone has the same needs. We all need to be aware of different styles and how those differences make us stronger. [You can read more here.](#)

## WINTER SLIP AND FALL PREVENTION

As the temperature drops, the number of slips and falls rise. Winter’s wet and icy conditions are dangerous and precautions must be taken to prevent potential injuries. Whether we are working in the Laboratory or telecommuting from home, wintertime raises the risk for slips and falls.

### Safe winter walking

- Plan ahead; give yourself sufficient time and plan your route
- Wear shoes that provide traction on snow or ice: rubber and neoprene composite soles. Avoid plastic or leather soles
- Walk in designated walkways as much as possible
- If a walkway is completely covered with ice, try to travel along its grassy edge for traction
- When entering a building, remove as much snow and water from your shoes as you can
- Take smaller steps when walking to increase traction
- Walk slowly and never run on icy ground
- Keep both hands free for balance rather than in your pockets
- If using stairs, use handrails and plant your feet firmly on each step
- Avoid carrying loads, which can challenge your sense of balance
- Keep your eyes on where you are going
- Test potentially slick areas by tapping your foot on them

- Step – don’t jump from vehicles or equipment; use the vehicles for support
- Keep walkways clear of debris, water, ice and slippery materials (the Lab provides shovels and ice melting materials at each entrance – use if necessary)

When walking on ice or slippery surfaces, consider the following:

- Bend slightly, walk flat-footed with your center of gravity directly over the feet as much as possible
- Be prepared to fall
- If you fall, fall with sequential contacts at your thigh, hip and shoulder to avoid using your arms to protect against breakage
- Roll with the fall. Try to twist and roll backwards, rather than falling forward
- Relax as much as possible when you begin to fall
- Bend your back and head forward (chin to chest) so you won’t slam your head on pavement
- Toss the load you are carrying. Protect yourself instead of the objects being carried

## REA UPDATE

ReA3 was cooled down this week, and tests of all systems in the LINAC can start. In parallel, several operations for preparing ReA6 is ongoing, like the installation of the new rebuncher between ReA3 and ReA6, placement of stripper foils to prepare for upcoming experiments and installation of a gate valve to isolate ReA3 beam line to ReA6 cryomodule. Other construction continues with controls installation, connection of DC power supplies as well as installation of gates to access the newly accelerator and experimental areas.

## SEMINARS

- TUESDAY, FEB 02 AT 11:00 AM  
Online via Zoom  
Sherwood Richards, III, University of California, Berkeley  
'3D Simulations of the Neutrino Fast Flavor Instability'
- WEDNESDAY, FEB 03 AT 4:10 PM  
[Online via Zoom](#), Passcode: 374572  
Ulf Meissner, University of Bonn, Forschungszentrum Juelich  
'Strangeness Nuclear Physics'

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