

Go Easy On The Salt

Too much sodium in one's diet can lead to high blood pressure (hypertension). And hypertension can, in turn, lead to heart attack, the number one cause of death in the United States.

According to the hypertension experts at Brookhaven's Medical Center, the average adult needs less than 500 milligrams of sodium per day. Sodium is a natural substance found in almost all foods and if that quantity were all that was consumed by Americans there would be less of a problem.

However, in this hectic society, there is a tendency to gobble down processed foods, grab quick snacks and, in general, to combine various ingredients in meals without thought as to how much sodium they contain. The net result is that most people are consuming large amounts of salt without even being aware of it.

Table salt is nearly 50 percent sodium. For instance, one level teaspoon of salt contains 2300 milligrams of sodium. Any cook could easily dispense with that amount of salt during the preparation of three meals a day. If processed food is being used which already contains salt, and then if the diner sprinkles more salt on the cooked food, the sodium intake is way over the 500 milligram requirement.

Many a person has probably added a small bag of potato chips to his lunch tray at the cafeteria. This small bag, 1 1/4 ounces in weight, contains 375 milligrams of sodium, nearly an entire day's supply of this element.

Awareness of one's salt intake, is the first step towards reducing it. In addition to using salt with a light hand while cooking or eating, also read the labels on packaged food. It could be an eye-opener. Although there are other factors involved in a daily diet, taking a look at the amount of salt consumed is a good place to start in achieving balance.

As a means of comparison, the following is the sodium content of a snack that one might pick up at a baseball game, and a full day's menu for a person on a low sodium diet. The menu was prepared by

Norma Gillespie, Dietitian for the Hospital of the Medical Research Center:

Snack

Hot dog on bun	770 mg.
with mustard and sauerkraut	225
Milky Way candy bar	91
Coca cola	14
Sodium content - 1,100 milligrams	

Low sodium diet

Breakfast - fruit &/or fruit juice, cereal (cooked without salt), low sodium toast with unsalted margarine & jelly, beverage, skim milk.

Lunch - low sodium soup, tuna salad sandwich (made with 2 oz. dietetic pack tuna fish, low sodium mayonnaise, celery, lettuce; low sodium bread), fresh fruit, beverage.

Dinner - 4 oz. roast beef or chicken, potato, rice or noodles, fresh or plain frozen veg., tossed salad with oil & vinegar, homemade apple pie, beverage.

Sodium content - 500 milligrams

Now, of course, most people are not going to be as careful about sodium, as patients who are already suffering from hypertension. But learning to cook without salt and keeping one's hands off the salt cellar at the table, would do much to reduce sodium intake to reasonable levels.

Gillespie has been going without salt in her diet for over 20 years and says she doesn't miss it a bit. She maintains that anyone who can do without salt for six months will come to appreciate the natural flavor of food.

At the Hospital, they don't use salt for hypertension diets, but neither do they believe in tasteless food. Wine is sometimes used in cooking, as are herbs. Gillespie stresses that so-called cooking wine, found in grocery stores, should be avoided like the plague as it contains salt. Most seasonings are allowed, but some are no-nos. For instance, catsup, worcestershire sauce, pickles, meat sauces and tenderizers, are prepared with salt and sodium compounds. Dry mus-

(continued on page 2)



Bill Harrison, BNL Development Engineer (right) and Arthur Miller, Design Engineer with PPM, Inc., at the readout unit for the particulate monitors at the Power Transmission Project.

From Refrigerators to Cotton Mills

A spin-off from the technology being developed for Brookhaven's Power Transmission Project is a particle monitoring device which was shown recently to have potential application in a completely different field. It was used to measure the level of cotton dust in a textile mill. Effective monitoring of such levels is of growing concern, as over exposure to cotton dust leads to a crippling disease called byssinosis, or, more commonly, "brown lung."

At Brookhaven, the mass concentration monitor was developed because of a problem in advanced-type helium cryogenic refrigerators. It was found that lubricating oil could be carried by the helium gas into the cold parts. There it froze and, if allowed to continue, could eventually lead to refrigerator failure.

To prevent this possibility, BNL engineers, in collaboration with PPM, Inc., a firm of consultant engineers in Knoxville, Tennessee, came up with a solution. Based on the principle that the oil particles can scatter light from a laser beam, they designed an instrument that provides a continuous read-out of the oil level in the parts per billion range and shows, at any instant, how well the filtration system is working.

It turned out that the device was effective with many types of particles. Bill Harrison, an engineer with the Power Transmission Project, journeyed to Knoxville to witness a demonstration by PPM personnel at a 100-year old cotton mill. A continuous read-out of airborne particle levels would be particularly convenient in working areas of the mill.

At present, standard air sampling monitors provide, after elaborate processing, only one measurement per eight-hour shift. The BNL laser particle counter measures four times a second and provides the results instantly, in digital form as well as a trip-chart record.

The plant which Harrison visited covers two city blocks and is the only mill in the country which starts with raw cotton at one end and winds up with a finished product, such as T-shirts, at the other. The spinning

areas where the cotton fiber is processed into fine yarn create the greatest hazard from intense air-borne cotton dust.

High humidity is maintained in these areas, both to cut down the dust and to keep the cotton from drying out while it is being spun. About a dozen people and a great many machines are concentrated in the region. There are lint balls all over the place, says Harrison, and huge vacuum cleaners are in operation sucking the lint from the machines, collecting about 600 pounds of cotton dust per day. At some points, when the vacuuming system could not keep pace with the accumulation, the dust was so thick, reported Harrison, that the BNL monitor went off-scale.

Although there are cotton-dust standards in existence, just what constitutes "safe" exposure to cotton dust is of concern to the Occupational Safety & Health Administration (OSHA). The current, elaborate, air sampling techniques can only estimate what the worker has been exposed to during an eight hour period, while the BNL monitor gives an instant, accurate reading.

Although laser light techniques have been used to measure smoke stack emission, the application to helium purity measurement required a 1000-times improvement in sensitivity. This was achieved by automatic compensation to achieve long-term stability to correct for optical changes caused by oil build-up.

The unit is self-calibrating and Brookhaven has just installed a second machine with extensive improvements in calibration to meet the particular requirements of the Power Transmission Project. The instrument is expected to become a standard piece of equipment for modern helium refrigerators.

"We can look at a range of particles from 3/10 of a micrometer, to three micrometers," says Harrison. With this range, potential use for the technique is anticipated in many other industrial environments such as coal mines, grain storage elevators and chemical plants.

A Reflection On Energy Supply And Physical Fitness

"A man working a pump can do work at the rate of about 30 watts, when turning a crank he produces about 60 watts, and a fit cyclist can generate about 300 watts for many minutes. These quantities of power are minute compared with the amounts we use in our everyday life. It is important to realize how small they are, particularly when considering some of the suggestions which are described as intermediate technology or "soft energy options." To generate a pennyworth of electricity you or I would have to spend four hours on the treadmill. To heat the water for a cup of tea in the morning for my wife I would have to cycle hard for 10 to 15 minutes. To watch a color television four or five of us would need to turn cranks continuously."

— Sir William Hawthorne, chairman of Britain's Advisory Council for Energy Conservation, speaking in London on *Energy and environment: conflict and compromise*, March 8, 1978.



There was a good turnout at the opening of "Les Conçierges de Paris" at Berkner Hall on Monday evening. The zealous guardians of the front door in many French apartment houses are portrayed in photographs by Michelle Vignes. As noted by writer, Sanche de Gramont, "the function of concierges as guardians of

property gives them an invincible armor of respectability. They are official voyeurs and snobs and it is not often one can get the best of their righteousness." The show will be on view through April 5.

Award Winner

Last December, the Bulletin carried an article about several men in the Power Transmission Project who were also car buffs. One of them, Tom Muller, who is a Development Engineer, has just come away from the 1978 Custom Car and Van Show at the Nassau Coliseum, with two major awards.

Out of a field of 200 entries, Muller won the show's engineering award for his 1965 GTO convertible, and took first place in the altered convertible classification.

"Altered" is hardly a strong enough word for what Muller did by way of reconstruction. To name just a few items, he used parts of five LeMans and GTO 1965 bodies and interiors, installed a Ford engine and transmission, as well as an over-drive transmission, and put in a different front and leaf rear suspension. He worked at the whole assembly for about 2600 hours over a period of three years.

In addition to showing the car itself, Muller exhibited 55 photographs displaying the step-by-step construction of his unique automobile.

The car is not just for show. Muller has engineered it so that it can be used as a family touring car, as transportation to work, as a sports car and as a tow car (it can tow his twin axle trailer). There are not many automobiles around for which this can be said.

New York City Trip

The Hospitality Committee is planning a group railroad trip to the city on Wednesday, April 5. Departure will be at 8:32 a.m. from the Patchogue LIRR station. Round-trip fare for adults is \$2.45, children under six years ride free.

Reserve a ticket by sending your fare through the U.S. mail to P.O. Box 322, Upton, New York 11973, no later than Thursday, March 30. Make checks payable to "Brookhaven National Laboratory." Your tickets will be given to you at the train station. Refunds will be made only if cancellations are received by the Friday preceding the scheduled trip.

Spring Is Coming

It is time for the garden lovers living in the onsite apartments to get ready for the fun. As a first step, there are still a number of keys to the tool room that need to be returned. Those who have keys should return them to Renu Pande, Apt. 28-B, Ext. 3009.

Cafeteria Menu

Week Ending March 31, 1978

Monday, March 27	
Rosy onion soup	(cup) .30 (bowl) .40
Chicken a la king on rice	1.20
Cheese omelet and 1 veg.	1.15
Hot Deli - Pastrami	(on bread) 1.15 (on roll) 1.25
Tuesday, March 28	
Chicken mushroom supreme	(cup) .30 (bowl) .40
Chinese pepper steak on rice	1.30
Barbequed spare-ribs and black-eyed peas	1.40
Hot Deli - Roast beef	(on bread) 1.25 (on roll) 1.35
Wednesday, March 29	
Split pea soup	(cup) .30 (bowl) .40
Breaded flounder filet and fr. fries	1.25
Spaghetti with Italian sausage and Garlic bread	1.30
Hot Deli - Baked Virginia ham	(on bread) 1.25 (on roll) 1.35
Thursday, March 30	
Cream of chicken soup	(cup) .30 (bowl) .40
Grilled Reuben sandwich with cole slaw and chips	1.25
Beef hash and 1 veg.	1.20
Veal Parmigiana and 1 veg.	1.20
Hot Deli - Meatball Hero	1.25
Friday, March 31	
Manhattan clam chowder	(cup) .40 (bowl) .50
Fish 'n Chips	1.25
Beef liver and onions with 1 veg.	1.15
Hot Deli - Roasted turkey	(on bread) 1.25 (on roll) 1.35

Salt

(cont'd)

tard is o.k., but not prepared mustard.

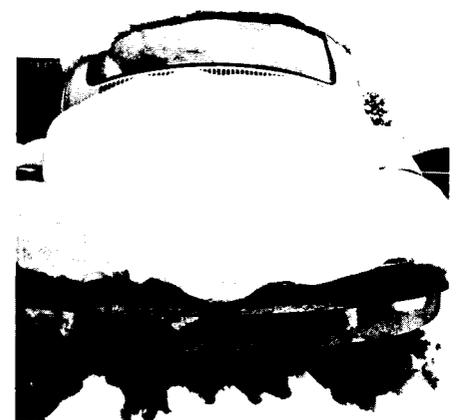
All fresh fish and shellfish are fine, but take these fish and smoke them, pickle them, or can them, and they are on the proscribed list. Unsalted margarine is in, and butter is out. Plain yogurt, yes, and sour cream, no. Fresh or frozen fruit and most regular canned fruit is also acceptable, although Gillespie says that lately some canners have been adding salt. Fresh veg-

etables and plain frozen vegetables, with the exception of peas, lima beans and mixed vegetables are packed without salt. Regular canned vegetables almost always contain salt and/or a sodium compound.

As a guide, the sodium content of average helpings of some common foods, may be found below. The list was prepared by the Dietary Services staff at the Medical Center and the calculations noted there, as well as in this article, are those in use at the Medical Center.

Food	Sodium Content (in milligrams)
One dill pickle	1,428
Ham (3 oz.)	940
Soup, Campbell's Cream of Chicken	844
Pizza, one slice	725
Hamburger (1/4 pound) on bun with catsup	550
Apple pie, one slice	482
Peanut butter sandwich	480
One boullion cube	424
Cereal, All Bran (1/2 cup)	370
Six salted soda crackers	264
Two eggs, fried in butter, sunny side up	230
Cheddar cheese (1 oz.)	210
Two slices of bacon, fried	205
Corn Flakes	165
Canned peas (1/2 cup)	160
Bread (white) 1 slice	150
Milk (8 oz.)	120
One Oreo cookie	68
One pork chop, fried in its own fat without salt	60
Baked potato with butter pat	54
One pat butter	50
Four shrimp, boiled	42
One scoop vanilla ice cream	40
Broccoli (1/2 cup) cooked without salt	15
Coca cola (12 oz.)	14
Beer (12 oz.)	12
Pepsi cola (12 oz.)	7
Whiskey (1 oz.)	negligible

Going, Going, Gone



This is the final snow picture of the season. In spite of what you may think, this was not the worst winter since time began. According to BNL climatologist, Connie Nagle, the record high snowfall in this area was in 1966-67 with 74.9 inches and the second in 1947-48 with 66.5 inches. From November 1977 to March 1978, there was a measly 62.4 inches..

—photo by Walton



BROOKHAVEN BULLETIN

Published weekly
for the employees of
BROOKHAVEN NATIONAL LABORATORY

BERNICE PETERSEN, Editor
DOUG HUMPHREY, Photo-Journalist
CAROL PETRAITIS, Editorial Assistant

40 Brookhaven Ave., Upton, N.Y. 11973
Telephone (516) 345-2345

CARL R. THIEN, Public Relations Officer

Letters To The Editor

To the Editor,
Unfortunately, the *Bulletin* of March 10, like most of the U.S. press, misinterpreted what it was that Dr. Walter Marshall had to say about plutonium and nonproliferation. Very early in the talk he said that "it is foolish, and may be dangerous, to concentrate on this one matter (plutonium) without giving simultaneous consideration to other equally important matters." He did not read all of his paper, which fortunately is available for study. His major point was that, whatever the growth in nuclear power may be, a great deal of plutonium will be produced in the spent fuel, and widely distributed around the world. After some years (rather more than two) this plutonium should be relatively easy for nations to extract. Rather than to indefinitely postpone the recovery and consumption of this plutonium, as the Carter Administration proposes, Dr. Marshall urges that it should be recovered and burned-up in breeder reactors as soon as that could be accomplished.

A secondary consideration is that the total separation of plutonium from uranium and fission products is not essential for breeder reactor fuel. It would be possible to have a future fuel cycle which would not involve directly usable or easily convertible plutonium. It would, however, involve the processing of tons of plutonium each year. Dr. Marshall suggested that this technology should be demonstrated. He also says in his paper that, "It is not obvious to me that it will be necessary to render plutonium inaccessible," in this artificial manner.

Dr. Marshall and his colleagues in the Electric Power Research Institute emphasize that there will be a plutonium problem, no matter what nuclear policies may be adopted in the future. They argue that it would make more sense to burn-up the plutonium that inevitably is produced in today's reactors, than to accumulate it in spent fuel stored in many parts of the world. The concept of spiking nuclear fuels with radioactivity is not new. They only suggest that it might or might not be useful in containing the proliferation of nuclear weapons. As Dr. Marshall said, the subject of nuclear weapon proliferation is very complex. Plutonium policy is but one of the issues that should be addressed.

—W.A. Higinbotham
BNL Technical Support Organization

Springtime In Moscow

Leslie G. Fishbone, a physicist who is currently working on energy systems analysis in DEE, spent eight months in Moscow during 1973. At that time, he was studying under an exchange program at the Landau Institute for Theoretical Physics. He has put together a lecture of general interest, illustrated by slides, from the perspective of one who has been more than a casual tourist in that city. For the convenience of employees, the illustrated lecture, "Springtime in Moscow," will be presented at 1 p.m., in Berkner Hall, on Tuesday, March 28.

BNL Mountain Club Sheds Winter, Gets Ready For Spring



Last month while the rest of us were trudging through the snow, Doug Hof (above) was relaxing atop a thicket of mangroves at Graveyard Creek, Florida. He and Ruth Basile, Yvonne Cable, Don David, Bruce Huwett, John Nagy, Anita Swoboda, Ralph Tuthill, Gary and Kate West, spent a week in the Florida Everglades, principally engaged in canoeing and birdwatching. Although some of the time they were battling strong winds, rain and a temperature of 37°, they did get enough sun and balmy weather to make the trip a pleasant change from frigid Long Island. The BNL Mountain Club goes on about 20 trips a year, and coming up are white water canoe trips on Pine Creek, Pa. and the Delaware River, upstate. A canoe trip for families and beginners is planned soon on Long Island waters. Those who are interested in joining the club, and present members, are reminded that the next meeting is scheduled for April 6, at 7:30 p.m. in the North Room of the Center.

Islanders Tickets

All employees who supported BERA's program by buying Islanders tickets during the regular playing season will be given the opportunity of getting tickets for the Stanley Cup playoff games.

At noon on Monday, April 3 in the BERA Sales & Services Office, there will be a drawing for eight tickets for each of the games to be played on the home ice. Seat locations are the same as BERA had during the regular season and tickets are priced at \$13.50 each.

To repeat - this drawing is only for employees who bought tickets during the season and put their names in the Playoff Box.

Cast Call

Tryouts for the Theatre Group's June presentation "Tiger at the Gates," will be held Tuesday through Thursday March 28-30, at Berkner Hall from 5:30 to 7:30 p.m. As there are five parts for women and 12 parts for men, all interested thespians will have a good chance at a part in the play.

Future presentations are to include "Otherwise Engaged," scheduled for August and "The Prime of Miss Jean Brodie," tentatively scheduled for the fall. For information call Bill Love at Ext. 3996 or Liz Russell at Ext. 3940. Newcomers are welcome.

Speakers Wanted

Brookhaven is frequently asked to supply speakers to local groups on nuclear power. To bring together those with expertise in the various aspects of this subject, Andy Hull is convening a lunch meeting in Room A of Berkner Hall on March 30. Members of the Speaker's Bureau who have already spoken on nuclear power and those who are interested in doing so, are invited to attend. The meeting is scheduled to begin at noon and attendees are asked to bring their lunch to Room A.

Bowling

Red League

The only team to take 11 was the Old Timers, who downed the Pick-Ups. W. Reams with another nice series (567/633) now has a 173 average. R. Adams also bowled well (546/615) for the winners. The Sandbaggers won 8-3 over the Designers. R. Jones had a 203 and 560 scratch. E. Sperry had a 544/631 series and C. Zavesky a 530/629. The 76'ers took the Cosmos 8-3. J. Connelly (216) had a 541 scratch, J. Petro a 211 game and R. Larsen a 553 scratch. W. Rambo (200) and C. Neuls (610 gross) bowled well.

The Bubble Boys won over the Dyno-Mites 7-4. W. Kollmer (200) had a 549/618 series. The Freon Loaders could only manage 3 points from the Got-A-Hit-Ums. F. Stahman bowled great again (200/204) 585/657. G. Schuette had 617 gross pins. The Anachems lost to the Sparks 8-3. R. Wilson had a 213/544/631 series and L. Newman a 633 gross.

Green League

Congrats are in order for N. Carciello, who won dinner for two compliments of Eddie Arnold from Port Jeff Bowl. Neil bowled the most pins over average for the week to win the dinner. The Sparks continued winning as they took eight points from the Anachems to lead the pack by ten points. J. Cockrane had a 206. The Old Timers II and the Pinball Wizards fought each other with the Old Timers II taking six and the Pinball Wizards five. For the Pinball Wizards, R. Eggert had a 202. The Blue Jays, staying in fourth, took eight points from the Trouble Shooters. For the Blue Jays, D. Stelmaschuk had a 221, while for the losers M. Zepmeisal had a 206. The Got-A-Hit-Ums froze the Freon Loaders for eight. L. Jacobson led the attack with 212/215 games for a 604 scratch series. The Dyno-Mites could only salvage four points while the Pick-Ups lost eleven.

Purple & White League

The Woodchucks rolled team high series with 913/798/902 for a 2613 series. Ed Sperry had high game for the men with a 226/204. Jim Griffin had high series with a 222/211/190 for a 623. Betty Roche had high game for the ladies with a 206. Other good games were Joe Mayeski 219/203, Ralph Taylor 210, Nick Masciopinto 200, Bob Jones 201, Nancy Mayeski 188, Nancy Erickson 182/173, Marge Belligan 181, Sharon Smith 177, Penny Austin 175, Kathy Carter 174, Pat Manzella 171.

Pink League

Last week was not one of the better nights in the Pink League. High bowlers were Noelwah Netusil 165/161 and Lindora Boyd 164. The following ladies bowled a 400 scratch series or better: Noelwah Netusil, Pat Oster, Marge Stoelck, Colleen Holland, Kay Sherry, Helen Keeley, Dot Marcelli, Judy McNamara and Lindora Boyd. The Lickety Splits are in first place with an eight point lead.

Volleyball

Employees' League

On March 15, the Bumps bumped Biology: 21-6, 21-8, 21-9. Phoenix mixed the Atom Spikers: 18-21, 21-11, 21-6. Spikers beat the Easy Aces in a forfeit.

Standings

Spikers	14	1	.933
Bumps	9	3	.750
Cool Tools	9	3	.750
Phoenix	5	7	.417
Atom Spikers	5	10	.333
Biology	3	9	.250
Easy Aces	0	12	.000

Mixed League

Division A

On March 20, the Popovers beat the Assorted DO-E-Nuts: 15-8, 15-10, 11-15. The Nads took LeMufs: 14-16, 15-7, 15-9. No Names edged out Lookin' Good: 7-15, 15-6, 15-13.

Standings

Popovers	5	1
Lookin' Good	4	2
No Names	4	2
Assorted DO-E-Nuts	2	4
Nads	2	4
LeMufs	1	5

Division B

Nuts & Bolts ruffed Riffraff: 15-3, 13-15, 15-5. The Diamonds left the Leftovers: 15-9, 15-2, 15-2. Oceanography swept Cowturkey: 15-7, 15-3, 15-9.

Standings

Diamonds	6	0
Oceanography	6	0
Nuts & Bolts	5	1
Riffraff	1	5
Cowturkey	0	6
Leftovers	0	6

Closings

The pool and the gymnasium will be closed on Easter Sunday, March 26.

Arrivals & Departures

Arrivals

Curtis L. Bergh Applied Math.
William J. Grant Medical
Alessio Mezzina Energy & Env.
Ram Pyare Nuclear Energy
Ronald M. Rosenberg .. Adm. Sys. & Data Proc.
Robert L. Sabatini Energy & Env.
John F. Smalley Energy & Env.
Frank Terrano Accelerator

Departures

NONE

Classified Advertisements

Placement Notices

The Laboratory's placement policy is to select the best-qualified candidate for an available position, with consideration given to candidates in the following order of priority: (1) present employees within the department, with preference to those within the immediate work group; (2) present employees within the Laboratory as a whole; and (3) outside applicants.

Each week, the Personnel Office lists new personnel placement requisitions. The purpose of these listings is, first, to provide open placement information on all nonscientific staff positions; second, to give employees an opportunity to request consideration for themselves through Personnel; and, finally, for general recruiting purposes. Because of the priority preference policy stated above, each listing does not necessarily represent an opportunity for all candidates. As a guide to readers, the listings are grouped according to the anticipated area of recruitment, as indicated below. Except when operational needs require otherwise, positions will remain open for one week following publication date.

For further information regarding a placement listing, contact the Personnel Placement Supervisor, Ext. 2882.

LABORATORY RECRUITMENT: Opportunity for present Laboratory employees.

552. SENIOR DESIGNER - Requires experience in mechanical design, installation and testing of synchrotron components. Must have a good knowledge of machine, sheet metal, and welding shop practices. ISABELLE Project.

553. LAMP CLEANER - Plant Engineering Division.

554. MESSENGER - Staff Services Division.

555. GENERAL COMMUNICATIONS CLERK - Staff Services Division.

OPEN RECRUITMENT: Opportunity for present Laboratory employees and outside applicants.

556. TECHNICIANS (2 positions) - AAS degree or equivalent in mechanical/electromechanical technology. Knowledge of industrial production techniques, winding saddle coils and/or ability to check for vacuum leaks desirable. One position involves high level of experience in use and application of epoxy compounds. ISABELLE Project.

557. TECHNICIANS (2 positions) - AAS degree or equivalent in electronics technology. Should be skilled in the construction and testing of prototypes. One position requires background in rf systems, the other experience in high voltage or high current power supplies and pulse circuitry. ISABELLE Project.

Autos & Auto Supplies

71 MERCURY MARQUIS - P/s, p/b, roof rack, new tires, good cond, low mileage. \$1750. 472-1871.

71 DODGE CRESTWOOD WAGON - P/s, p/b, a/c, heavy duty trailer package, high mileage, good cond. \$975. Jud, Ext. 4504.

RIMS - (4) 13" Chev, \$10; (2) 15" Ford, \$5. M. Tesla, Ext. 3284.

72 CADILLAC - Fleetwood, 4 dr, brown w/tan top, very good cond, fully loaded, best offer. Ext. 2461 or 325-9511.

74 MOBILE HOME - Excel cond. \$14,000 or best offer. Tom, Ext. 2534 or 727-0225 after 6.

66 DODGE CORONET - 4 dr sedan, auto, p/s, 383 engine. \$225. Ext. 4688 or 924-8213.

75 CHEVY VEGA - Hatchback, auto trans, 15,000 mi. \$2200. 929-4540 after 5.

77 MOTORCYCLE - Penton/KTM MC-6, 175cc, cross country, fully set up, many extras. Oscar, Ext. 4581 or 325-9580 after 6.

NEW & USED TIRES - Rims repairs, snow, reg, radial, Dunlop, Michelin, FREE installation, balance available. Fred Usack, Ext. 4597 lunch time or 475-4935 eves.

2 RIMS - A78-13, 5-hole. \$5 ea. Janet, Ext. 2345, 929-8152 eves.

74 MERCURY MONTEGO - A/c, p/s, p/b, 22,000 mi, excel cond. \$3300. 581-8114 after 6.

72 BUICK - Electra 225, 2 dr, tan, clean, very good cond, fully loaded, p/s, p/b, p/w, a/c, am/fm stereo w/tape, new radials. \$1200. 234-6928 after 6.

49 CADDY - Excel cond, new 4" w/w, new paint. \$2500. Ext. 4003 or 732-1344.

76 PONTIAC ASTRE - Am/fm 8-track stereo, 3 spd, blue, excel cond and gas mileage. 928-9343.

70 FORD FAIRLANE - A/c, good running cond. \$500 Firm. 72 OPEL STATION WAGON - 90,000 miles, overhauled engine. \$1000. 281-6130 eves.

72 PINTO - Squire Wagon, new tires, auto, new brakes, tune up, many extras, very clean in and out (18 mpg local). \$1200. J. Caliguri, 928-1521.

74 FIAT - 124 sport coupe, 1800cc, 5 spd, am/fm 8-track stereo. \$1900. Sawang, Ext. 2115.

KAWASAKI - F250, street/trail, immaculate cond, under 2,000 miles. \$475. Bob, Ext. 4411 or 727-2346.

67 PONTIAC CATALINA - New tires, starter, p/s, good cond, must sell. \$275 or best offer. 281-5412.

VW RIMS - With used tires. \$5. Ext. 4240 or 286-0295.

69 INTERNATIONAL - Parts, except motor. Lynne, 286-8788.

CAR RADIOS - AM only, good cond. 1 ea from a 72 Gremlin and a 72 Dodge Van. \$12 ea or both for \$20. John, Ext. 3292.

70 OLDS ENGINE - 455, W-30, complete but disassembled. \$50 or best offer. Ext. 4742 or 744-2688.

69 CHEVY VAN - Auto, good engine, some rust, long wheel base, great for hauling. Joe, Ext. 2086 or 427-9362 eves.

73 TOYOTA - Celica, engine, interior immaculate. Best offer over \$1400. 581-6819 after 6.

BATTERY CHARGER - By Sears, heavy duty 20A, 6/12V, polarity protection, used 2 seasons. Orig \$57, half price. Ext. 4798 or 928-6965.

SNOW TIRES - Sears Tractionex radials, FR78-14, (2) mounted on wheels, excel cond. Richard, Ext. 3534.

Boats & Marine Supplies

13' SUNFISH - Sailboat, brand new. \$650. 289-1120.

69 WINNER - 16', 55 hp Evinrude, 1971 Sealion trailer, new canvas, compass and extras, excel cond. \$1695. 698-7661.

15' MFG RUNABOUT - Fiberglass, old but dry, 35 hp Chrysler, runs great. Asking \$600. Ext. 2032 or 286-3455.

Miscellaneous

SKI JACKET - White Stag, excel cond, nylon shell, polyester fill, rust, womens medium. \$20. 821-1148 eves.

20 GA SHOTGUN - Reloader, wads, gun case, 50 lbs, #8 shot, 224 ea high-low Br AS8 shells, 4 bx #9 shot, 1 box #4, 100 primers. J. Zahra, Ext. 2951 or 727-4515 after 5:30.

FREEZER - United 17 1/2 cu ft w/touch-a-matic defrost, upright, like new. \$195. Pete, Ext. 3297.

PANASONIC STEREO - 4 track, tape recorder (solid state). \$100. Dave, Ext. 3365.

CONTEMPORARY CHAIRS - (2) Avocado, walnut frame, cane sides, loose pillows, foam, plus extra set, plastic covers. \$100/pair. WU4-6019.

71 COACHMAN CAMPER - 10 1/2 ft, ice box, bathroom w/"porta-potti", sleeps 6. \$1200. Mike, 878-1325.

SKIS - Rossignol Strato 102's, 195 cm w/Salomon heels, marker toes, \$100; Lange comp ski boots, size 11, \$50. 286-0384.

GREETING CARD RACK - \$25; white A-line evening dress, size 10, \$5. Linda, 281-0843 after 6.

DANISH MODERN SOFA - And 2 chairs, needs slipcovers, \$50; gold and green velvet draperies, 144x84, \$25 firm. 281-0843.

LHASA APSO - Puppies, champion lines, AKC, pet or show, Sira Westminster show dog, shots, wormed. 473-7971 after 5.

FREE PUPPIES - Medium size, nice size house dog, six weeks old. Dave, Ext. 2957 or 981-0917.

ELECTRIC LAWN MOWER - Sears Roebuck, used once. \$100. W. Schlichteroll, Ext. 3284 or 924-6172 after 5:30.

FREE - One beautiful white cat, 1 year old, all shots, perfect health and clean. Hans, Ext. 4581 or 281-5563.

TABLE LAMP - Orange ceramic base, silk shade, 24" height, switch needs repair, \$10; black & white cotton shower curtain, \$4. Pete, Ext. 4324.

MINOLTA SRT - 101 with 1:1.7 50 MM lens, including case. \$110. H. Wyche, Ext. 3725.

WASHING MACHINE - Tiffany, portable, 6 lb capacity, good cond, \$40; vacuum cleaner, Hoover, canister, all attachments, used 4 times, \$80. 289-0413.

TRICYCLE - Adult, best Schwinn model w/basket, like new. \$100. S. Saxon, 929-4701.

SKIS - Fischer 180cm w/bindings. \$55. Jim, Ext. 3372.

RUGS - (2) off white flokati rugs, new, 4'x5'6". \$20 each. Ext. 4333.

KITCHEN TABLE - Wrought iron w/4 chairs, \$125; colonial sofa bed, Scotch Guard fabric, \$100; commercial microwave oven. 1.5 KV, \$350. 281-6130 eves.

ZIG ZAG SEWING MACHINE - Signature (Montgomery Ward) 24 cam, automatic w/cabinet, very good cond. \$100. Irene Merritt, 589-5126.

WOOD LATHE - W/accessories, \$85; belt sander, \$35. Ext. 3507 or 286-8794 after 6.

REFRIGERATOR - Single door, good running cond, \$20; lamp table, 28" rd pedestal leg, inlaid leather top, 1 drawer, excel cond, \$25. 286-0246.

MOVIE CAMERA - Yashica Super 8 w/electric zoom, case, movie light, remote switch, filters, etc, all in excel cond. \$90. Ext. 4244.

SEARS VACUUM - 3 hp adjustable power-mate canister w/beater brush plus 7 attachments, nearly new, just had spring check-up, 1 yr service maintenance available. \$150. J. Risch, 399-2084.

BIKE - Fuji special touer, 10 spd plus side bags, \$100; swim fins (size 8 1/2-10), mask & snorkel, \$10; Garcia 5-star 10' med act fishing rod and mitchell reel 402, \$30. Rich, Ext. 4011.

LHASA APSO - Puppies, AKC pet/show, champion lines, sire - Westminster show dog. 473-7971 after 5.

YORKSHIRE TERRIER - Male, 24 wks, sacrifice, AKC, vet certificate, home raised. \$175. Alyce, 475-2627 after 6.

17" ZENITH TV - Chromacolor, 3 yrs old, new picture tube, solid state. \$185. 744-5124.

RECORD CHANGER - Garrard AT6, 4 spd w/Pickering magnetic cartridge, good cond. \$25. Joe, Ext. 3273.

4 TRACK STEREO - Roberts tape recorder. Ext. 3327.

TWIN MATTRESSES - (2) Sterns & Foster, good cond, \$25; Harvard dual frame, \$10; (2) twin box springs, free. Ben, 473-7681.

MATTRESS & BOX SPRING - Sears and frame, very good cond. \$35. Ben, 473-7681.

BICYCLE - Men's 10 spd, orange, Sears model, used very little. \$50 firm. Terry, 281-0360.

ELECTROLUX VACUUM - Excel cond, \$35; piano stool, \$25; stainless steel flatware, \$20; bird cage, \$5; recliner, \$15; Danish couch, \$20; G.E. iron, \$3; electric blanket, \$8; leather suitcase, \$10; vaporizer, \$3. 744-3792.

SUMP PUMP - New, for preventing basement flooding. \$85. Ext. 2492 or 475-8658 after 6:30.

DINING ROOM TABLE - 6' long, 6 upholstered chairs, pecan wood. \$100 firm. Bob, Ext. 3121 or 744-5261.

LAWN MOWER - 21" Craftsman reel-type mower w/eager 1 engine, good cond. Ext. 2113.

CHILD HARNESS - For use w/auto seat belt. \$1. J. Olson, Ext. 3382.

HO TRAIN SET - 4x8' permanent set up, landscaped, 3 locs, 4 pass, 7 freight, new cond. 924-4063 or 281-3299.

HOME AND SHOP VAC - Sears 18 gal wet/dry, \$45; Sears humidifier, \$30; wooden playpen, \$15. 286-9142.

SOLID PINE BEAMS - 4x6, \$1/ft, 6x6, \$1.50/ft. Sizes up to 12x12 avail, also rough cut boards 14" and wider. Natural edge pine slabs (table top stock) 2" to 4" thick. Ext. 4411 or 727-2346.

LAMP BASE - \$2; dog muzzle, \$1; hot shave cream disp, new, \$7; fuse kit for Volvo, Saab, .60¢. Ext. 3609.

MOTOROLA - 8-track auto tape player, \$15; am auto radio, \$10. Hank, Ext. 3935.

TABLE SAW - 1/2 hp motor w/access. \$25. Mike, Ext. 2022 or 281-3460.

SEWING MACHINE - Professional factory machine, Singer, \$125; 27" girls bicycle, \$20. Chuck, Ext. 3254.

POLAROID CAMERA - Automatic 103, built-in range finder w/flash gun and shutter release, 1/3 price. \$70. Ext. 4798 or 928-6965.

SKIS - Ostryker 300's, never used, 205 cm, \$25; woman's coat, Misty Harbor, "any weather", size 10, cream color, \$50. 821-1148 eves.

POP UP CAMPER - Sleeps 8, ice box, stove, portable heater, porta-potty, power converter. \$1250. 585-3004.

Real Estate

Real Estate advertised for sale or rent is available without regard for the race, color, creed or national origin of the applicant.

For Sale

S SETAUKET - Strathmore "Framingham", 5 bdrms, 3 full baths, central a/c, underground sprinkling system, w/w carpeting throughout entire house, many extras. \$49,000. 698-1785 after 5 and weekends.

E PATCHOGUE - 10 rm Colonial, beautifully landscaped, rock garden, gazebo. 1.4 acres, horse country, 4 bdrms, 30 ft L/R, fp, formal D/R, laundry room off of kit, 2 garages, full bsmt, low 60's. 475-0168.

MASTIC BEACH - Sale or rent, compact 3 bdrms, near water. Sell under \$20,000. Rent negotiable. 281-7531.

MASTIC BEACH - 4 year old house, 6 rms, full bsmt, fenced 80x125. \$28,500. 281-5498.

MASTIC BEACH - Cape, 4 bdrm, storms & screens, full bsmt, landscaped, garage, fenced 1/4 acre, OHW, new roof, new garage door, completed new paint on exterior, VA approved mgt. \$28,500. Tom, 325-1033.

CLEARWATER BEACH - 100x150 bldg plot near Gardiner's Bay, Town of East Hampton, walk to priv beach, marina rights. \$13,500. Ext. 3469 or 281-4371.

E PATCHOGUE - Custom brick veneer, 3 bdrm ranch, oversized L/R, fin bsmt, 2 full baths, 2 fp, 2 car garage, 1/2 acre. Must be seen. \$51,000. 286-9054.

N PATCHOGUE - Modern ranch, L/R, D/R, kit, 3 bdrms, 1 1/2 baths, huge fam rm, garage, landscaped lot, prime area, walk to schools, 6% mtge, low taxes, immaculate. \$39,000. 654-4394.

BROOKHAVEN HAMLET - 3 bdrm custom ranch w/many features, 1 1/2 acres. 286-0246.

SHOREHAM - 4 bdrm Colonial, white cedar shakes, w/w carpeting, 2 1/2 baths and laundry rm, eik, 1 acre fully fenced. \$56,900. 744-2821.

MASTIC - Comfortable 6 rm ranch, full bsmt, oak floors, patio, brick grill, low down payment, very low closing costs. \$31,500. 281-8401 after 6.

BELLPORT VILLAGE - 7 rm, an older very special extended cape, up to 4 bdrms, fp, garage, full bsmt, well planted 1/4 acre w/privacy, cedar shakes, appliances, high \$30's or rent \$400. Ext. 2032 or 286-3455.

N SHIRLEY - 2 bdrm cape, w/finished attic, laundry rm, patio, 1/2 acre, OHW heat, low taxes. \$23,500. 281-3460.

BAITING HOLLOWES - Summer cottage (furnished), for sale or rent, adj priv beach, golf course. Nichol森, 286-8356.

For Rent

MASTIC BEACH - 1 1/2 rm studio, furnished, priv ent, rent negotiable, includes util, near water, pleasant location. 281-7531.

EAST MORICHES - 1 bdrm apt, util incl. \$235/mo. 878-2879.

EAST MORICHES - Office or store space on Montauk Highway. 878-2879.

WADING RIVER - 3 bdrm, comfortable, old (circa 1815) and very functional, D/R, high beamed kit ceiling, fp, 2 baths, partially furn. \$325/mo. 979-2197 days, 929-4068 eves and weekends.

YAPHANK - German Gardens, small 3 rm bungalow. \$185 includes electric. Available immediately. 924-3946.

MASTIC BEACH - Roommate to share 5 rm apt. \$125/mo util incl. Ed, Ext. 3535/3516 or 281-2177.

Wanted

SHOP MANUAL - For 1970 Ford. Bill, Ext. 3066.

RADIO - Two channel unit for use with model airplanes. Ext. 2368 or 928-6654.

CONTROLS - For 40 hp Mercury outboard motor, model 402. W. Schlichteroll, Ext. 3284 or 924-6172 after 5:30.

AUTO - Excel cond, low mi, '70-'74 Plymouth Valiant custom, prefer '73, prefer 6 cyl, 4 dr sedan, auto or similar Dodge Dart '72-'73 or Nova 8 cyl '72-'73 or Mercury Comet '73. 286-8724.

ROOMMATE - To share furn apt, easy access to Lab. \$150/mo all util. Paul, Ext. 4375 or 475-4944.

TRAVELERS TO DISTANT LANDS - And other places, courteous, attentive service. 363-7032.

FISH TANK - Old 10 gallon tank for hamsters. Cheap! Jay, 286-3679.

TYPEWRITER - Lightweight, for child in hospital for long stay. Alyce, Ext. 2902.

APARTMENT OR HOUSE - Huntington Village area, April or May occupancy, couple, no children, no pets. Joe, Ext. 2086 or 427-9362 eves.

DOG TRAINER - Or info about one who will train Irish Setter w/lots of TLC. Louise, Ext. 3325.

REFRIGERATOR - No older than 10 years, in good working cond, under \$50. Ext. 2825 or 286-2699 eves.

Car Pools

EAST ISLIP - 2 man car pool desires other drivers. J. Pruzansky, Ext. 4532.

HUNTINGTON VILLAGE - Would like to form a new or join an existing carpool, or anywhere along Park Ave route. Joe, Ext. 2086.

SAYVILLE OR BOHEMIA AREA - Established carpool needs drivers. Frank, Ext. 2311.

Lost & Found

LOST - Timex self-wind watch, day/date, gold w/ brown strap, last week in February, men's locker room (Gymnasium). Ext. 2959.