

Good Health Promoted By New Specialist in OMC

According to BNL's Occupational Medicine Clinic (OMC), over 50 percent of the diseases experienced by BNL employees are preventable or could be substantially reduced through changes in health habits.

To educate employees about disease prevention and good, alternative health habits, Mary Wood became a full-time member of the OMC staff on



Roger Stoutenburgh

Mary Wood

October 15, as its new Health Promotion Specialist.

"We all know that diseases have different levels of severity — but what most of us don't recognize is that good health has different levels of wellness," explains Wood. "In my new position, I'd like to work with employees to increase their individual level of health by increasing their awareness of healthy living and lifestyle alternatives."

To come to BNL, Wood left Beth Israel Medical Center in New York City, where she had been Director of the Department of Health Education and Information Services since November 1986. There, she presented health education programs to the hospital community, managed a computerized physician and community resource referral system, published a health newsletter, and implemented various health-screening services.

"One of my main goals for the Occupational Medicine Clinic has been to give greater emphasis to employee health promotion," says physician Bryce Breitenstein Jr., who

(continued on page 2)

RHIC Construction Funded In Fiscal Year 1991 Budget

With the resolution of the fiscal year (FY) 1991 budget crisis last Saturday night came the approval for the construction start of BNL's Relativistic Heavy Ion Collider (RHIC).

In RHIC, collisions of heavy ions are expected to produce conditions so extreme that scientists will be able to observe phenomena that have not occurred in the natural universe since the Big Bang.

"I am very pleased to see that the long-awaited RHIC project is finally budgeted," says RHIC Project Head Satoshi Ozaki. "The time has come to put all of our strength together behind this undertaking which is so important to the Laboratory."

In addition, as the fourth installment of a five-year agreement, the Lab will receive \$8 million of \$60 million appropriated this year for Department of Defense-sponsored research and development of compact synchrotron technology for x-ray lithography, to make the next generation of supercomputer chips (see last week's Bulletin).

This money, along with the rest of BNL's FY91 funding, will be forwarded from the U.S. Department of Energy (DOE) as soon as President George Bush signs not only the general budget bill, but also the 13 appropriations bills that fund federal departments and agencies.

While the bill that funds BNL, the Energy and Water Development Appropriations Bill, includes construction money for RHIC, it provides less money for BNL's other scientific programs than originally proposed in the President's budget.

"We know that high energy physics will take about a five percent cut from what was proposed," reports Henry Grahn, Associate Director for Administration. "DOE is figuring out the reductions in the other areas; they'll let us know in the next couple of weeks and then we can assess our situation."

As soon as BNL's complete budget situation is known, it will be reported in the Bulletin.

Biomolecular Studies in the Fast Lane

Good news travels fast. And so do the new x-ray diffraction techniques being used at the Biology Department's protein crystallography beam line at the National Synchrotron Light Source (NSLS).

Dramatically less time is now needed to take data, and x-ray diffraction studies on the structure of crystals can be completed faster than ever before.

"The result is that we're able to get through two or three times as many projects, often with data that are much more useful than before," said Biology's Robert Sweet, a scientist who built up much of the facility.

The two "faster data" capabilities speeding up results are a highly advanced TV detector, installed last year, and a process that makes use of all the energies in the NSLS beam rather than just a narrow band of energies. With these tools, Sweet and his colleagues are developing x-ray diffraction experiments that explore crystal structures in new ways.

X-ray diffraction is a method of determining the detailed, three-dimensional atomic structure of molecules that have been grown into crystals. When x-rays hit a crystal, they scatter and form a characteristic and often symmetric array of individual rays known as a diffraction pattern. In the past, the pattern was recorded on x-ray film for later analysis to obtain structural information on the molecules in the crystal.

Disturbing the Pattern

The hardest part of using x-ray diffraction is interpreting the diffraction pattern, which reveals the true structure of the crystalline specimen.

One way that crystallographers solve this problem is by adding a small number of very heavy atoms of a different element to the specimen molecule. The heavy atoms disturb the pattern, and the disturbances are used to decipher the results.

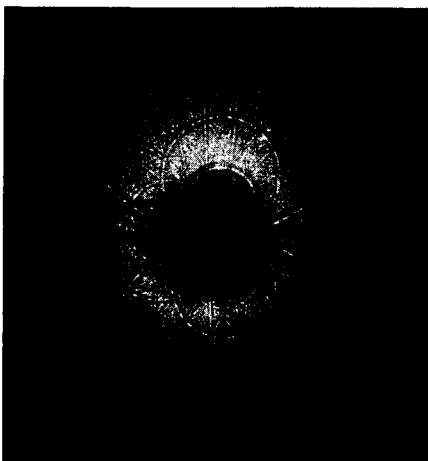
"We have an extra advantage with the NSLS beam," said Sweet, "because we can select any one of a wide range of wavelengths."

Sweet explained that, if several atoms in the specimen absorb x-rays at one wavelength and the specimen is exposed to x-rays at wavelengths near that particular one, then the diffraction pattern will be slightly but measurably different at each wavelength.

These patterns are now recorded, not on film, but by the new, TV-based x-ray detector, with an x-ray-sensitive surface of about 45×65 millimeters. The resulting TV image can be manipulated by computer, which immediately shows the recorded data on the screen and stores them on the disk. Its speed and accuracy allow researchers to measure and calculate crystalline structures in hours rather than weeks.

At beam line X12C, this technique is forming the core of a new process — a nearly automatic method to determine structures of biological molecules.

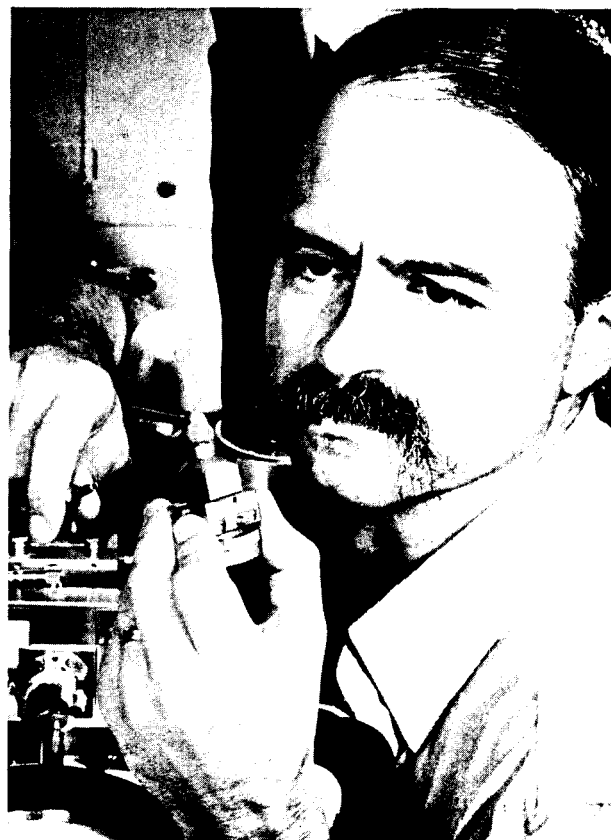
To do this, researchers are growing protein crystals in which many natural sulfur atoms are replaced by the chemically similar element selenium. Nature helps: Synthetic amino acids that normally contain sulfur can be made with their sulfur replaced by selenium — and then certain organisms will grow on them. When these organisms mature, all



A diffraction pattern of a single crystal of trypsin, using the white-beam Laue technique.

About halfway up the capillary tube held by Robert Sweet is a crystal, which will be measured in the diffractometer below his right hand.

— Photo by
Roger Stoutenburgh



their proteins will have selenium atoms.

At this point, the crystals are examined at several wavelengths near the K-edge, a wavelength at which an element absorbs x-rays strongly. New information about their structure shows in the changes in the diffraction pattern.

"Once this process is fully developed," said Sweet, "we can use it on many crystals. Both university and industrial crystallographers are preparing proteins this way for study."

Move Over, Hollywood

In another set of experiments, the digestive enzyme trypsin may be on its way to becoming a movie star.

For this to happen, Sweet, Paul Singer and Walter Mangel, all of Biology, and Lonny Berman of the NSLS are exploiting the second "faster data" capability — the "white beam" technique.

Usually, x-rays used to probe the specimen crystal are monochromatic — of one single "color" or wavelength. They produce a certain type of diffraction pattern that appears as an arrangement of tiny spots.

"The new technique uses a 'white' beam of x-rays," explained Sweet, "that is, all the colors at once. Looking at this diffraction pattern on an x-ray film, one sees many more tiny dots, in a more complicated

arrangement, than are seen with the monochromatic beam. And so we can measure many more diffraction points in the same amount of time."

Sweet and his colleagues are using the new white-beam technique to investigate the structure of trypsin. They are studying the way it might behave as it catalyzes the digestion of proteins in the small intestine.

As an artificial target for trypsin, they use a small molecule that behaves very similarly to the natural protein. One difference is that the researchers can control whether the molecule sticks to the enzyme or dissolves away after being digested.

Using the extremely rapid data collection that the very intense white beam at NSLS beam line X25 makes possible, the team is taking several closely spaced diffraction photographs just at the moment they trigger the molecule's release from the enzyme in the crystal. From these photos, they hope to produce a three-dimensional "movie" showing four or five steps of the catalytic process.

— Liz Seubert



BNL hosts (from right) Mickey Haller, Division of Contracts & Procurement (DCP); David Dale, DCP; Frederick Wahlert and Albert Velasco, Central Shops Division; and Roger Bailey, Plant Engineering Division, stand ready with information to help small business vendors attending the third BNL Small Business Fair.

Small Business Is Big at BNL

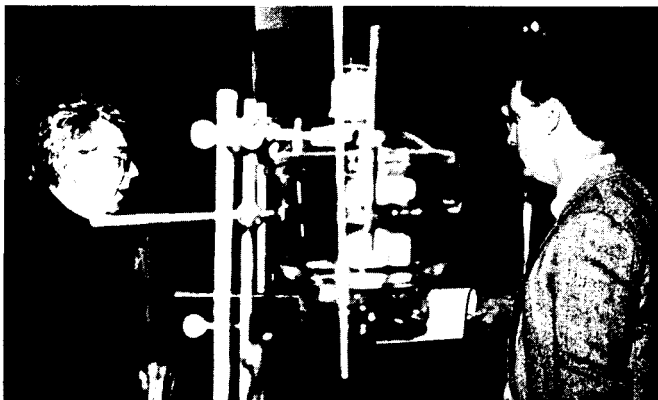
Finding new small and small disadvantaged businesses to do business with, and introducing them to the Lab's needs were the twin objectives of BNL's Small Business Fair.

This year's fair was held Friday, October 26. It was coordinated by the Lab's Small and Small Disadvantaged Business Liaison Officer Mary-Faith Healey, with help from Andrew Feldman and Dorothy-Jean Greco, all of the Division of Contracts & Procurement (DCP).

At the fair, representatives from

about 70 small businesses visited the information booths set up and staffed by various BNL departments and divisions to explain the types of goods and services that the small business community might provide.

Throughout the year, DCP makes extensive efforts to encourage small businesses to participate in fulfilling the goals and needs of a large scientific facility. Of BNL's \$83,809,000 total purchases in fiscal year 1990, \$43,825,659 of the orders were issued to the small business community.



Harold Marshall (left), Biology, explains the needs of the Biology Department to a representative of a small business.

— Photos on these pages by Roger Stoutenburgh

Enrollment Opens for Flexible Spending Accounts

From today through November 30, all regular employees working 20 or more hours per week may enroll in the AUI Flexible Spending Account (FSA) plan for calendar year 1991. Two types of accounts are offered:

- Health Care Reimbursement Account
- Dependent Day Care Reimbursement Account

Participants deposit money voluntarily through automatic salary reduction to one or both accounts then draw out money from the appropriate FSA to reimburse themselves for health care and/or dependent day-care costs they have incurred.

The big advantage to these accounts is that participants contribute "before-tax" dollars. In other words, they set aside money through salary reduction before taxes are taken out of their paychecks.

By paying for their health care and dependent day-care expenses with before-tax dollars, employees reduce their gross earnings. This, in turn, lowers the amount of federal income, state income and Social Security taxes they pay on their earnings. As a result, employees who use these accounts increase their spending pay.

Health Care Reimbursement Account

This account allows employees to use before-tax dollars to pay any health care expense on the IRS list of approved expenses, provided the expense has not been reimbursed under a group insurance program or taken as a deduction on the employee's income tax return.

Eligible expenses include:

- Medical and dental plan deductibles, coinsurance (the amount the employee must pay over the 80 percent allowed by Major Medical), and expenses over medical and dental plan limits.
- Miscellaneous health-care expenses not covered by insurance, such as eyeglasses, cosmetic surgery and physical examinations.

In any calendar year, an employee may deposit any amount from \$300 to \$1,500 in the Health Care Reimbursement Account.

Dependent Day Care Reimbursement Account

This account may be used to reimburse expenses incurred for providing day care to eligible dependents so employees and their spouses, if married, can work. Expenses may be claimed for a child under 13 who is claimed as a dependent on the employee's income tax return, as well as any dependent claimed for income tax purposes who requires day care due to physical or mental inability.

Eligible expenses include:

- Licensed nursery or day-care centers.
- Individuals who provide care for eligible dependents in or out of the home.
- Housekeepers hired to care for an eligible dependent.

Any amount from \$300 to \$5,000 may be deposited in the Dependent Day Care Reimbursement Account each year. However, in accordance with Internal Revenue Service (IRS) rules, if an employee is married and

Outreach Workshop

The Trouble With Losing Weight

*O! that this too too solid flesh would melt,
Thaw and resolve itself into a dew . . .*

So laments Hamlet in Act I, scene ii of Shakespeare's play. Though these words were written around 1600, the wishes of every 20th-century dieter are the same.

"Why People Gain Weight and Have Trouble Losing It" will be the subject of the third Outreach workshop sponsored by BNL's Employee Assistance Program (EAP).

To be presented by physician Alan Lucks, the workshop is in two parts, on Tuesday, November 6 and 13, from noon to 1 p.m. The first presentation will take place in Berkner Hall. The location of the second session has been changed to the North Room of the Brookhaven Center; please bring a brown-bag lunch, as there is no meal service in the Tap Room at that time.

During the two-part workshop, not only will Lucks address the metabolic factors of obesity, but he will also address the psychology of weight control.

During the workshop, he will outline how to determine ideal body weight and pick an appropriate weight-loss program. He will discuss the use of body-composition analysis during weight loss. In addition, Lucks will talk about how to maintain a weight loss — and why many people find this psychologically difficult.

Alan Lucks, M.D., is an internist with a private practice in Centereach and Ridge. He directs a weight-reduction center offering a range of programs for weight control. Lucks is on the staff of St. Charles Hospital and Mather Memorial Hospital.

To register for this two-part program, return the bottom portion of the yellow Outreach form recently mailed to all employees to EAP staff psychologist Donna Friedman, Bldg. 490, before November 6.

The program will be audiotaped, and the cassettes will be available at the Research Library following the workshop. For more information on EAP or its Outreach workshop series, call Ext. 4567.

Health Promotion (cont'd)

is OMC head. "With the addition of Mary Wood and the superior wellness expertise that she brings to the job, we are moving closer towards achieving this goal."

Instituting a voluntary, confidential health-risk appraisal at the Lab

Film badges will be changed tomorrow. Please place your badge in its assigned rack space before leaving work today.

is one of Wood's initial goals.

"If the printout tells you that your chronological age doesn't match the age that the computer assigned to you based on your answers to questions on your health habits, then you have cause to celebrate — or to change," explains Wood. "We'd all like to get better as we get older — and a computerized appraisal can point people in the right direction."

Wood is also interested in promoting employees' cardiovascular fitness. Under this broad heading, she'll be working on programs stressing the importance of exercise and personal fitness, weight control and good eating, and stopping smoking and remaining smoke free.

"Because cardiovascular fitness is a lifelong project, I hope to develop programs that first get people interested in becoming fitter and then keep them motivated," says Wood.

Finally, Wood would like to present employees with information on such topics as women's health, men's health, and back care. The presentations would take the form of lectures, workshops, a lending library, and the like, and they would complement the information presented through the Outreach workshop series offered by OMC's Employee Assistance Program (see box above).

Mary Wood obtained her B.S. in community health and health education, and her master's in health education from the State University of New York (SUNY) at Stony Brook. She is a health education specialist, certified by the National Commission for Health Education Credentialing.

Prior to her employment at Beth Israel, Wood worked from 1982 to 1986 as the Clinical Practice Manager of the Department of Psychiatry and Behavioral Science, in the University Hospital of SUNY at Stony Brook.

From 1976-82, Wood was District Director of the South Huntington office of the American Cancer Society, where she coordinated cancer-screening and prevention programs.

"In hiring a health educator full time, Brookhaven is stating that this institution cares about improving the health of its employees," concludes Wood. "Now it is my job to help employees learn how to take better care of themselves so they can live longer, stronger and healthier lives."

Employees who would like to contact Mary Wood may call her at Ext. 5923 or find in her Bldg. 490.

Classified Advertisements

Motor Vehicles & Supplies

88 TOYOTA - silver/pink , 5-spd., p/s, p/b, many extras, excel. cond. 821-6731 eves.

88 SUZUKI SAMURAI - 4wd, 5-spd., lifted 2", dual carbs., sunroof, am/fm tape, deluxe model, better than new, \$6,000. Ken, Ext. 2012.

88 PONTIAC GRAN AM - 2-dr. sedan, 45k mi., silver, garaged, 33 mpg hwy., mint cond., \$6,500. 757-3178.

87 CHEVY LUXURY VAN - V-8, ac, p/w, p/l, hi-top tilt, a/t, cruise, TV, 20k mi., excel. cond., asking \$12,500 firm. Chas, 288-2080.

86 BUICK CENTURY - custom, 4-dr., a/t, ac, p/b, p/s, 74k mi., mint cond., best offer. Ext. 5240 or 821-6321.

86 FORD F250 UTILITY TRUCK - 6 Knapheide cabinets, auxiliary gas tank, auto-locking roof, excel. cond. Ext. 7286 or 231-1359 after 6 p.m.

86 CHEVY SPRINT - silver, 5-spd., 52k mi., 50 mpg, mint cond., asking \$2,850. Ext. 3983.

85 HONDA CIVIC WAGON - white w/red int., a/t, 80k mi., good cond., shop man. incl., \$3,500. Ed, 331-1740.

84 NISSAN STANZA - 4-dr. h/b, a/t, ac, p/s, p/b, am/fm, EFI, 77k mi., \$3,250. Ext. 4521.

84 DODGE OMNI - black, 5-spd., 99k mi., avg. 32 mpg, ac, good cond., \$1,200. Ext. 3983.

84 CHEVY CELEBRITY - s/w, 6-cyl., 62k mi., dark blue, ac, p/s, p/b, am/fm, a/t, orig. owner, \$2,500. Jean, 499-8758 eves.

84 FORD ESCORT L - a/t, ac, p/s, p/b, red, good body, asking \$1,550. Xing, Ext. 2671 or 399-6581 after 9 p.m.

83 SUZUKI RM 60 - low hrs., excel. cond., \$400. 878-1178.

83 DODGE - 2-dr., 4-cyl., ac, p/s, p/b, am/fm cass., clean, needs some work, orig. owner, \$1,995 or best offer. Ext. 5036.

82 DODGE VAN - ¾-ton, 6-cyl., new brakes, good tires, good running cond., \$875. 924-5192 after 5 p.m.

81 DODGE ARIES - 4-dr., 4-cyl., p/s, p/b, clean, needs muffler, good cond., runs well, \$300 or best offer. Bawa, Ext. 3499.

81 KAWASAKI 440 LTD - 13k mi., new tires, brakes, chain, sprockets, battery, sissy bar, must sell, moving, v.g. cond., asking \$650. 474-5715.

80 FORD E-250 VAN - heavy-duty suspension, good tires, new brakes, ps, p/b, good cond., \$1,100 neg. Jim C., Ext. 4150.

80 TOYOTA CELICA - good running cond., clean, reliable, recent maintenance & repairs, \$1,000 firm. Ext. 4397.

80 BUICK PARK AVE. - a/t, ac, p/s, p/b, am/fm, good cond., \$800 or best offer. Mark, Ext. 2957.

80 BUICK LESABRE - a/t, p/s, p/w, ac, am/fm cass., new tires, needs brakes, good cond. in/out, \$600 or best offer. S. Spark, Ext. 4111.

79 SURBURBAN - 4wd, a/t, p/s, recent springs, batt., & tires, am/fm cass., 36k mi., asking \$2,500. Terry, Ext. 3288 or 281-0360 after 6 p.m.

79 DATSUN 280ZX - 77k orig. mi., loaded, ac, runs well, \$2,500 or best offer. Emil, Ext. 4289.

78 DATSUN B210 - engine runs well, good for parts, \$50. Carol, 736-3779 after 7 p.m.

78 CHEVETTE - 4-spd., white, am/fm, runs well, looks OK, must sell, \$350 or best offer. Ext. 4549 or 632-2436.

76 CHEVY NOVA - ac, 4 new tires, runs OK, parts, \$150. Alastair, Ext. 5334.

72 FORD GALAXY 500 - needs heater core, runs well, \$300. Bill, Ext. 2762.

71 FORD UTILITY VAN - 6-cyl., m/t, excel. tires, runs well, \$800. Ext. 4049.

70 NOVA 250 - 6-cyl., needs int., runs well. 924-7902.

66 VW BUG - many new parts, tires & paint, running & body cond. good, 6-V, 4-cyl., sunroof, \$800. Jim, 878-2425.

TIRES - 2, 215x15 radials, installed, balanced, valves, \$50. Fred, Ext. 4798.

CAR COVER - Le Cover, brand-new, in orig. box, fits small car 15'-16', cost \$87, asking \$50. George, Ext. 2296.

FIBERGLASS CAP - Leer, 7½', fits small long-bed pickup, good cond., white, sliding windows front & side, \$200. Walt, Ext. 3357 or 757-6392.

CAP - Toyota pickup, alum., white, excel. cond, \$125. Bert, Ext. 5156 or 581-4436.

TIRE - new Sears Super Guard w/w radial, 14", P-195-75R14 m&s, can replace ER78-14, DR78-14 or 185R-14, \$40. 286-0589.

LIFTERS - new T.R.W., V-6, Ford lifters, V-6 radiator & shrowd, small block, C6, stall speed converter & fly wheel. Wayne, Ext. 3084.

Boats & Marine Supplies

17' O'DAY DAYSAILER - 4-h.p. Evin. eng. & trailer, \$1,500 or best offer. Dick, Ext. 2881 or 286-3372.

13' BOMBARD - 1987, inflatable, 30-h.p. Mariner, '87 trailer, all access., excel. cond., great scuba diving, must sell, moving, \$3,500. 474-5715.

ENGINE - 18-h.p. Evinrude, \$200; power winch, Scott & Fetzer, weight up to 3k lb., \$85. William, 732-3002.

OUTBOARD - 18-h.p. Evinrude, has not been started in 5 yrs., \$125. Bill, Ext. 2377 or 698-1971.

TRAILER - 1981, Dilly, galvanized, hardly used, \$250. 473-1456.

Furnishings & Appliances

MINI BLINDS - 2, Bali, venetian, black, 30½"x 50"l, orig. \$72/ea. installed, make offer. Janet, Ext. 2345.

REFRIGERATOR - GE, 15.6 cu. ft., excel. cond., \$150. 289-7902.

REFRIGERATOR - Welbuilt, 10 cu. ft., white, \$100 neg; Sunray stove, elec. range, oven, 4-burner, 24" wide, white, \$175 neg. 744-5339.

DINING ROOM TABLE - Early American, 48" round table w/2 leaves, 4 high-back chairs, excel., \$200. 654-2617.

KITCHEN DINETTE - 42" round table w/formica top, 4 captains' chairs, walnut color, excel. cond., \$125. Bonnie, Ext. 2875.

RUGS - both 8'x11', \$450 & \$375; 20' Oriental runner, \$100; Tiffany lamp, \$75; Hamilton Beach food processor, brand-new \$30. Donna, Ext. 2716.

FURNITURE - 11 pieces, metal frames, pewter, loveseats, Naugahyde cushions, tables w/Formica tops, \$400. 475-8658.

WATER BED - queen size, full wave heater, \$75; upholstered chaise lounge, double, \$15. Tallon, Ext. 4847 or 473-3987.

SOFA - & loveseat, 2 yr. old, v.g. cond. Steve, 924-6190.

LOVESEATS - matching, light blue/yellow, like new, \$250. Emil, Ext. 4289.

REFRIGERATOR - Kenmore, upright, 11.3 cu. ft., mint, 2 yr. old, \$150. Ext. 4353.

WAXING/SHAMPOO MACHINE - Ponzell, ¾-h.p., \$100. William, 732-3002.

Tools, House & Garden

DOOR - alum., heavy-duty, jalousie window, opens on right, 80% "h x 36% "w, excel. cond., \$45. 744-5871 after 6 p.m.

STORM DOORS - 31"x58", 35"x82", alum., \$35; pressure cookers, 16 qt., \$15; 4 qt., \$7; golf club set, \$40; golf cart, \$12; high chair, \$15. 878-6637.

KEROSENE HEATER - Crestline, 10,000 Btu, used 2 seasons, excel., \$70. Paul, Ext. 7577 or 286-7127.

COAL STOVE - Franco Belge model 10-275R, good cond., 60,000 Btu/hour, heats 17,000 cu. ft. Tom, Ext. 5350.

SNOW BLOWER - Snow Giant, 8 h.p., 28" cut, all steel, good cond., \$200. William, 732-3002.

Early Deadline For Ads Next Week

Due to the Monday, November 12, holiday for Veterans Day, the Bulletin classified ad deadline for the issue of November 16 will be moved up by one day. Therefore, the deadline for classified ads for that issue will be 4:30 p.m. on Thursday, November 8.

Sports, Hobbies & Pets

BRITTANY SPANIEL PUPPIES - born Oct. 10, ready Dec. 15, AKC registered, great Xmas gift or for hunting. John, Ext. 2632.

TENNIS RACKET - \$7; desk lamp, \$10; portable water pik, \$10. Warren, Ext. 4939 or 924-7552.

SKIS - Fischer competition, 140cm, Tyrolia bindings, poles, \$70. Lowenstein, Ext. 4611.

PIANO - Lester Betsy Ross, spinet, w/bench, excel. cond., \$700. Tony, Ext. 3658 or 929-4903 after 6 p.m.

GOLF - pings, irons, like new, used 1 season, 3-9 plus pw & sw, orig. \$540, sell for \$250. Tony Montemagno, Ext. 2050.

PIANO - Sohner, upright, good cond., \$300. Mike, 665-4495.

FERRETS - 3, w/cage, descented, looking for new home, \$20/each. Michelle, Ext. 5975.

BOW - Golden Eagle Cam hunter, 45-60 lbs., 30" draw, w/case, \$135. Bill, Ext. 2377 or 698-1971.

PIANO - Waters, upright, full keyboard, ivory keys, mahogany, \$700 neg. Ext. 4932 or 928-8993.

Audio, Video & Computer

NINTENDO - guide book & 2 controllers, \$60; w/6 games, \$170; games, \$20/ea. Matt, 928-8465.

GUITAR - Kramer, electric, black, Floyd Rose, single Humbucker pickup, \$500; Crate CR212 amplifier, 120 watts, \$375. David, 821-2009.

CALCULATOR - Hewlett Packard 28S, manuals, hardly used, \$150. Steve, Ext. 2512 after 5:30 p.m., ask for Room 17.

STEREO - am/fm, record player, \$45; movie projector screen, \$20. Kathy, 744-2203.

CAMCORDER - Quasor VHS, hardly used, w/carrying case & access., asking \$575. Chas, Ext. 2021 or 288-2080.

SCANNER - Realistic, 20 channel, programmable, am/fm, like new, \$75. Ext. 3499 or 878-0955 eves.

Miscellaneous

VACUUM - Hoover, \$50; full truckload of sea-soned firewood, \$150. Tim, 744-8279.

RACCOON COAT - full-length, like new, orig. \$5,000, asking \$1,500. Mike, 665-4495.

TICKET - 1, one-way to San Jose, CA from Kennedy, nonstop, American Airlines, Dec. 6, \$100. 669-1985.

TICKETS - 2, Virginia Slims tennis, Madison Square Garden, Fri., Nov. 16, 6 p.m. Giovanni, Ext. 5324.

Free

PUPPIES - mother, golden retriever, father, unknown, all pups black, 4 male, 4 female, ready Nov. 1. Ext. 3288 or 281-0360 after 6 p.m.

CAT - sandy-color male, approx. 1-yr.-old, loves to stay indoors, needs home. Joann, 472-6742.

Yard & Garage Sales

MIDDLE ISLAND - Sat., Nov. 3, 10 a.m.-5 p.m., clothes, garage items & misc. 48 & 50 Nottingham Dr. Mark, Ext. 5299 or 924-0848.

Real Estate

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

For Rent

BELLPORT - 3-room apt., \$650/mo. includes all utilities & cable. 286-8916 after 8 p.m.

BELLPORT VILLAGE SOUTH - 4-bdrm. house, furn., 2 baths, gar., winter rental, \$900/mo. + util. 286-9389 or 286-0466.

CORAM - 1-bdrm. cottage, kit., full bath, w/w, cable, no pets, \$550/mo. + elec. & sec. 698-0744.

EAST MARION - 2-bdrm. cottage, 1½ baths, l/r, kit., din. area, mud porch ent., kit., gas range & refrig., 125'x125', \$450/mo. + util., 1 mo. sec. & 1 yr. lease. 924-6751.

EAST MORICHES - 2-bdrm. apt., ground floor of Victorian house, bath, kit., d/r, l/r, large yard, 3 blocks to bay, shops, school, \$710/mo. + util. Mona, Ext. 5056 or 878-9384 eves.

MASTIC BEACH -2-bdrm. house, furn., fp, fenced yard, 15 min. from Lab., \$750/mo. 212-777-3449 or 281-4372.

MATTITUCK - 1-bdrm. apt., large l/r, full bath, kitchenette, sep. ent., near water, nonsmoker, \$450/mo. Ext. 7657 or 298-9560.

MEDFORD - 1-bdrm. apt., kit., l/r, bath, deck, priv. ent., nonsmoker, no pets, pref. working couple, \$675/mo. incl. all + sec. 475-7250.

MIDDLE ISLAND - 3-bdrm. condo, 2 full baths, all appl., fenced patio, tennis, pool, \$850/mo. Ext. 3922 or 878-2604 eves.

NORTH SHIRLEY - 1-bdrm. apt., priv. ent., quiet neighborhood, 5 mi. to Lab., \$550/mo. + util & cable. Drue, Ext. 2290 or 286-8543.

NORTH SHIRLEY - 1-bdrm. apt., l/r, eik, priv. ent., 3 mi. from Lab, \$575/mo. incl. util., cable, HBO, avail. immed. 924-7902.

NORTH SHIRLEY - 1-bdrm. apt., furn., eik, w/w, 5 min. from Lab, priv. ent., 1 person, nonsmoker, no pets, \$490/mo. incl. util., 1 mo. sec., 1 year lease min. 281-8044.

PATCHOGUE VILLAGE - two 1-bdrm. apts., full bath & kitchen, ground floor, priv. ent., redone w/new carpets, tile floors & appl. 289-7902.

PORT JEFF STATION - large 1-bdrm apt., eik, l/r, new w/w, priv. ent., furn. or unfurnished, no pets, \$600/mo. includes all + cable, 1 mo. sec. Frank, 928-9834.

PORT JEFF VILLAGE - 1-bdrm. apt., l/r, kit., full bath, no pets, nonsmoker, \$700/mo. incl. all util. + cable. Tallon, Ext. 4847 or 473-3987.

ROCKY POINT - 3 bdrm., eik, laundry, fenced yard, new carpets, paint, \$800/mo, avail. Nov. 1. Don or Sue, 473-6570 after 7 p.m.

SOUND BEACH - 2 bdrm., eik, bath, carpet, fenced yard, bsmt., laundry, \$700/mo., avail. Nov. 1. Don or Sue, 473-6570 after 7 p.m.

SOUND BEACH - furn. studio apt., w/w, kitchen, full bath, priv. ent., no pets, nonsmoker, avail. 12/1, \$475/mo. incl. all + cable. Bob, 821-1769 after 6 p.m.

SOUND BEACH - 2-bdrm. apt., bath, l/r, eik, close to shopping & beach, \$675/mo. + elec. Ext. 2671 or 744-3284.

SOUND BEACH - 4-rm. apt., fenced, cable, carpet, 2-car driveway, couples preferred, \$650/mo. incl. util. + sec. Frank, 744-6014.

STONY BROOK - 1-bdrm. condo, adult community, cac, kitchen, 1 bath, laundry, gar., 5 min. from university, \$750/mo. + util. Chris, 587-7034.

YAPHANK - 2-bdrm. condo, Colonial Woods, 1½ baths, full bsmt., new carpet & paint, hardwood floors, vacant. 924-3846.

KEY WEST, FL - April 20-27, sleeps 4, on water, terrace, separate bdrm., kit., w/d, jacuzzi, VCR, pool, gym, priv. beach, boat/water sport rental, walk to town, Tiki Bar. Sheryl, Ext. 5384.

SPRING HILL, FL - winter rental, 2-bdrm. house, 1½ baths, furn., Gulf Coast, golf, 5 miles to beaches, planned community, \$450/mo. + util. Ext. 4530 or 261-2719 after 5 p.m.

For Sale

BELLPORT VILLAGE - 3-bdrm. house, 1 bath, 1-car gar., fp, eik, full bsmt., \$180,000. 286-0466.

BROOKHAVEN HAMLET - 4-bdrm. Cape Cod, 2 baths, d/r, l/r, eik, 2-car gar., 20' deck, patio, more, close to bay, ¼ acre, red. to \$219,000. Ext. 7108 or 286-0271 eves, or Carl, 214-708-2058.

CENTEREACH - 4-bdrm. hi-ranch, l/r, d/r, eik, 2 full baths, large fam. rm. w/fp, deck, pool, large fenced yard. \$135,000. 698-8514.

CORAM - Strathmore East, 4-bdrm. ranch, 2 baths, cathedral l/r, 2-car gar., gas heat, fenced corner lot, \$120,000. Ext. 3791 or 928-7154 after 7 p.m.

EASTPORT-WESTHAMPTON - 3-bdrm. ranch, 2 baths, fam. rm., deck, 1½-car gar., quiet location, ask. \$145,000. Artie, 325-0743.

GLEN OAKS - 2-bdrm. co-op, 2nd floor, great location, edge of Nassau Co., walk to shopping, \$89,900. Ext. 2679 or 472-6922.

MASTIC - 3-bdrm. T-ranch, den, l/r, d/r, eik, w/skylight, deck, pool, fenced yard, new w/w, new windows, extras, 10 min. to Lab, priced to sell. Ext. 3046 or 2253.

MASTIC - 3-bdrm. ranch, 2 baths, 100'x100', bsmt., skylight, all appl., \$16,000 cash over existing \$100,000 mtg., owner helps w/closing costs. 399-5051.

MIDDLE ISLAND - Lake Pointe, 2 bdrm., l/r-d/r area, cac, gas heat, all appl., w/d, wood deck off master bdrm., pool, tennis & clubhouse, bsmt., extras, reduced, asking \$69,900. Bob, 924-7316.

MOUNT SINAI - 4-bdrm. Colonial, l/r, d/r, den, 2½ baths, 2-car gar., new fence, lgp, 0.4 partially wooded acres, \$179,000. 331-3785.

SELDEN - ½-acre lot, Mooney Pond Rd. & Hillside Rd., ½ mi. from Suffolk Comm. College, \$65,000. Frank, 929-8317.

SHOREHAM - N25A, 4-bdrm., 2½ baths, 2-car gar., 1/3 acre, energy efficient, fully fenced, SWR schools, full bsmt., low heat costs, close to schools, shopping. Rich, 744-0960.

SPEONK/SOUTHAMPTON - 3-bdrm. farm house, 2 baths, d/r, l/r, eik, sitting rm., 2 porches, 3-car gar. w/green house, 1 acre, low taxes, \$175,000. Russ, 325-0563.

SPEONK/SOUTHAMPTON - 1.4-acre lot, very secluded w/pine, apple & cherry trees, low taxes, \$100,000. Russ, 325-0563.

MARCO ISLAND, FL - 1-week lifetime timeshare in Sunrise Bay Resort, 4-person occupancy, week starting on Apr. 15, boat & dock use incl., \$10,000, neg. F. Trapani, 744-6014.

Wanted

BIKE - used mountain bike or 12-spd., good quality for 5'10" male teenager. Ext. 7657 or 298-9560.

CHILD CARE - for infant on site or nearby, nonsmoker, starting mid-March 1991. Debbie, Ext. 5176.

CAR RADIO - in working condition w/or without cassette or speakers. Dave, Ext. 7870.

HOUSEMATE - to share 3-bdrm. Colonial in Brookhaven Hamlet, w/fp, w/d, dw, furn. room, \$400/mo. + ½ util. Dave, Ext. 7870 or 286-0263.

CALCULATOR - Hewlett-Packard 15C, scientific, used, good cond., reasonable, no manuals needed. Jim, Ext. 3449 or 689-8510.

ENGINE HOIST - and engine stand in good cond. Jim, Ext. 4617.

CANOE - fiberglass or aluminum. Kathleen, 878-9592.

PORTA-CRIB - reasonable, good cond. Ext. 7238.

TWIN STROLLER - used, good cond., reasonable. Noreen, 878-6921.

KILN - used, med. size, for china painting & ceramics. Ernie, Ext. 3357 or Kristine, 281-7873.

COMPUTER - gifted & talented 10-yr.-old looking for used Commodore 128 computer for word processing. Gary, Ext. 3580.

OTHER MOMS - mother of 2½-yr.-old seeks others to do things with, days. Laura, 289-9533.

BABY-SITTER - Kumi, Ext. 3193.

Services

Services are listed in the first Bulletin of every month as a courtesy to BNL employees. They are neither screened nor recommended by the Bulletin. Services forms are available in the Bulletin lobby, Bldg. 134.

BALLOON DECORATING - archways, hearts, centerpieces & more, specializing in weddings, engagements & showers. Linda, 821-3009.

BEAUTY SERVICES - perms, facials, nails, etc., very reasonable rates, evening & weekend appt. avail. Johanna, 878-6378.

BACKHOE - town water lines installed inside & out, dry wells and trenching w/small machine, low rates, free est. 929-8876.

BRICKWORK - masonry, patios, walks, swimming pools, retaining walls, landscaping ties, Belgian block, 25 yrs. exp., Lab discount. Tony, 698-9274.

CARPET/UPHOLSTERY CLEANING - spot, pet stains, odor removal, auto interior, fabric protector, free est., Lab discount. Jerry, 924-6019, days.

CARE GIVER - mature female will care for elderly or infant, experienced & reliable. 878-1680.

CARPENTRY - 18 yrs. exp. in all carpentry work, seeking small jobs. Kevin, 758-2653.

CHILD CARE - Middle Island mom will care for your child, 5 min. to Lab, AHA Tot Saver certified. Cathy, 924-2205.

CHILD CARE - mother of two will watch your infant toddler or school-age child, Moriches Elem., \$2/hr. 281-1540.

CHAIN SAWS - sharpened &