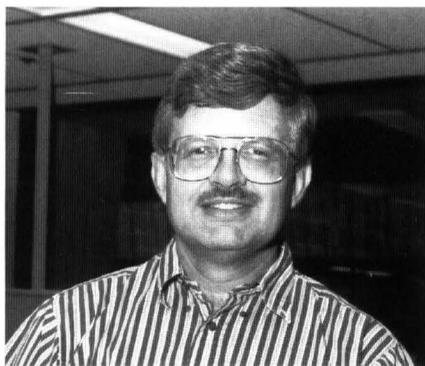


# FermiNews

The Newsletter of the Fermi National Accelerator Laboratory

## LABORATORY FORMS NEW EMERGENCY MANAGEMENT DEPARTMENT

On February 1, 1995, Fermilab formed a new department, the Emergency Management Department, within the Environment, Safety and Health Section, whose head is DON COSSAIRT. The Fire Department, Security, Communications, Keys and ID, and the Lock Shop, previously in the Business Services Section, transferred to the ES&H Section. Also moved to this new department was the Office of Emergency Planning, previously in the Director's Office. Together, these groups will provide the resources necessary for the mission of the new organization.

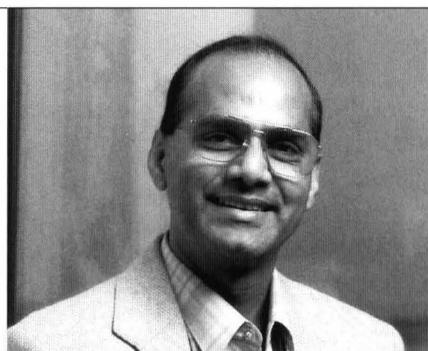


Don Cossairt

"The ES&H Section welcomes this opportunity to serve the Laboratory in this important area. I strongly respect the talents and energies of the individuals who are joining our section and look forward to working with them," said Don Cossairt.

The reorganization recognizes the important role of all these Laboratory groups in ensuring the safety and health of Fermilab workers and the public, and the key responsibility for protecting property and the environment in the event of an emergency. The new department, under the leadership of ROMESH SOOD, will have an improved capability to integrate Fermilab emergency planning with the implementation of emergency responses.

"Our goal in reorganizing is to build on our strengths, making the wisest and most effective use of our excellent Laboratory resources in order to provide the best possible working environment for Fermilab employees and



Romesh Sood

users and to be a good neighbor in the community," said deputy Director KEN STANFIELD. "I have every confidence in the ability of the new Emergency Management Department to achieve these goals."

"One of the Emergency Management Department goals is to empower each and every individual in its newly formed organization. The idea is to work together within the ES&H Section to address the hazards at the Laboratory and to try to mitigate any situation that should develop into something that would adversely impact personnel safety and the mission of the Laboratory," said Romesh.

Under the new organization, the Com Center will still handle incoming emergency phone calls and will notify the appropriate personnel to respond to emergency situations, said Romesh. "All emergency telephone numbers will remain the same and employee locations and extensions will not change." ■

## FermiNews

Friday, February 3, 1995 • Volume 18, Number 2



At Your (Community) Service .....	page two
DOE Begins Agency-Wide Realignment .....	page three
Your Health and Fitness .....	page four
People & Events .....	pages six through seven

# AT YOUR (COMMUNITY) SERVICE

## EMPLOYEES SHARE SCIENCE SKILLS AT AREA SCIENCE MUSEUM

In 1988 Fermilab physicist ERNEST MALAMUD opened SciTech, the Science and Technology Interactive Center in Aurora. The center is an interactive, hands-on science museum dedicated to increasing science literacy throughout the U.S. Since its inception, many Fermilab employees have volunteered their time and science expertise to the museum, giving lectures, building exhibits or chipping in where needed to share their science knowledge. Following are the employees and the contributions they have made to the science center and their community.

LINDA BAGBY (RD), assigned to SciTech by Fermilab, has been working at the museum one day a week since 1992 on the  $E=mc^2$  project, one of the center's many interactive displays.

EILEEN BERMAN (CD), among other assignments, programmed the tracker in the Solar Telescope's heliostat display. The tracker she programmed allows the telescope to follow the sun.

HERMAN HAGGERTY (RD) has been a SciTech volunteer since 1988. The exhibits he first built are still on the exhibit floor. He recently built a device for demonstrating the Bernoulli effect, an exhibit currently part of the Illinois Wild Weather traveling exhibit, funded by the Illinois State Board of Education Center on Science Literacy.

BILL HIGGINS (RD) has volunteered at SciTech for several years. Recently he lectured to a packed auditorium at SciTech's comet event on July 21, 1994 during the Shoemaker-Levy 9 comet collision with Jupiter.

TODD JOHNSON (AD) has been a key participant in SciTech's growth since its very beginnings. Todd, with the assistance of his wife Mary Lynn, built a number of important exhibits, including a tornado that is currently part of the Illinois Wild Weather project. Todd also made a prototype of an electric fish exhibit for the SciTech/Shedd Aquarium funded Physics of Aquatic Animals project.



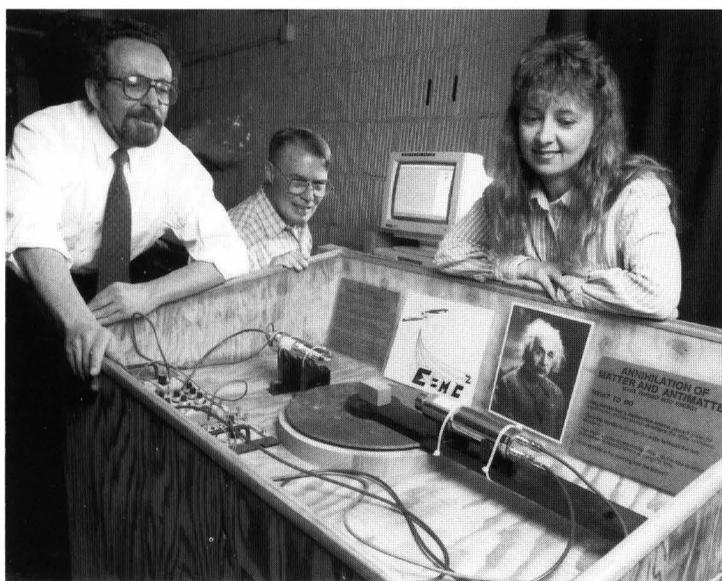
*Mimi Bleadon Qunell (center) works with two members of SciTech's Club for Girls on a museum exhibit.*

Directors. Previous Fermilab employees who served on SciTech's board include Rich Orr and James D. Bjorken.

DAVE PETERSON (AD) is building the electronics for SciTech's Baryon Sculpture, a dramatic kinetic sculpture at the entrance to the Building Blocks of the Universe exhibition.

MIMI BLEADON QUNELL (RD) is assigned by Fermilab to work at SciTech one day a week as a SciTech Clubs for Girls mentor. Prior to that assignment, Mimi worked as a volunteer on several SciTech projects and exhibits, including  $E=mc^2$ , Building Blocks of the Universe and a 3-D Big Dipper. She also represented SciTech at the National Science Foundation-funded staff development program at the Exploratorium in San Francisco.

Recently, several other Fermilab physicists offered their help to SciTech. The SciTech staff will be calling upon them during the year for their help with building exhibits and improving SciTech's education programs. ■



*Ernest Malamud (l), SciTech contributor Dale Henderson and Linda Bagby take a look at the  $E=mc^2$  exhibit at the center.*

R A L P H PASQUINELLI (AD), active at SciTech for several years, recently played a major role in developing the Building Blocks of the Universe exhibition and in managing the hands-on atom exhibit and light sculpture at the center.

Director JOHN PEOPLES is a member of SciTech's Board of

# DOE BEGINS AGENCY-WIDE REALIGNMENT

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Responding to President Clinton's commitment to cut taxes for the middle class and to enhance the effectiveness and efficiency of government, Secretary of Energy Hazel R. O'Leary announced in December a four-month effort to realign the Department of Energy. Planning the realignment began this past summer following release of DOE's strategic plan, *Fueling a Competitive Economy*.

The realignment builds upon the department's current contract reform and restructuring efforts that already will save more than five billion dollars over the next five years, including \$1.55 billion through last year's freeze on contractor salaries.

In order to create a more effective and efficient agency, teams of DOE employees and experts in corporate redeployment will examine the department's structure, functions and financial and human resources. They will recommend ways to align DOE along its five "business lines"—science and technology, national security, environmental quality, energy resources and economic productivity—described

in the April, 1994 strategic plan.

In announcing the initiative, Secretary O'Leary said, "The realignment will help us meet our commitment to cut an additional \$10.6 billion from our budget over the next five years."

The Secretary added, "While a certain amount of disruption is inevitable during realignment, we must remain focused on our goal—to improve the delivery of some of the nation's most critical products and services at the lowest possible cost."

In designing a new DOE, the employee teams will examine both DOE headquarters and field organizations, that employ about 20,000 federal and 140,000 contract employees. The functions of all federal employees except those of the department's power administrations and the Federal Energy Regulatory Commission will be reviewed.

In the private sector, strategic realignment has typically reduced the cost of doing business by about 20 percent. "We expect similar savings at DOE,"

In order to create a more effective and efficient agency, teams of DOE employees and experts in corporate redeployment will examine the department's structure, functions and financial and human resources.

the Secretary said. "This effort will not only increase the effectiveness and efficiency of the department, but the resulting savings will help our administration meet its commitment to a major middle-class tax cut." ■

## Galvin Report Findings Released

In spring, 1994, DOE formed the Secretary of Energy Advisory Board Task Force on Alternative Futures for the Department of Energy National Laboratories, with Robert Galvin, retired Motorola CEO, as chair. On February 1, 1995, the 23-member task force, which has become known as the "Galvin Commission," issued a report containing findings and recommendations for DOE's multiprogram national laboratories. The Galvin Report did not address program-dedicated laboratories such as Fermilab. Users of World Wide Web can view copies of the report on DOE's home page address, <http://www.doe.gov>. The report is under *What's New, Hot Topics*. Robert Galvin also serves as vice chairperson of URA's Board of Trustees.

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## LIBRARY NEWS

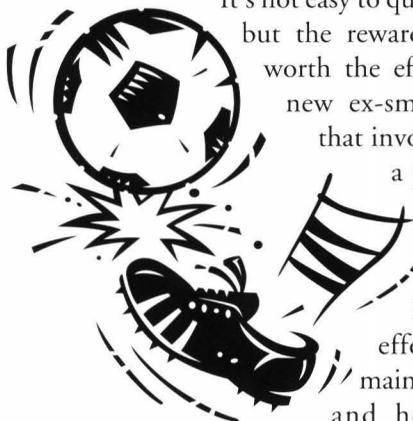
The following journal issues are missing from the Library:

*Harvard Business Review* V.73, #1, 1995  
*Physical Review D* V.50, #9, 1994  
*Physical Review D* V.50, #11, 1994  
*Scientific American* V.270, 1994  
*Scientific American* V.271, 1994

If you have these or any other journals in your possession please return them to the Library today. The Library is located in Wilson Hall, 3X.

# YOUR HEALTH AND FITNESS

## KICK THE HABIT WITH EXERCISE



It's not easy to quit smoking, but the rewards are well worth the effort. Many new ex-smokers find that involvement in a program of regular physical activity enhances their efforts to remain smoke-free and helps them face the challenges of beating a serious addiction.

### WHAT KIND OF EXERCISE IS BEST?

Whatever you enjoy most, have access to and don't associate with smoking. If you have smoked for a number of years, check with your physician before embarking on a course of vigorous exercise. Once you have the go-ahead, get some advice from a fitness professional on designing a program that meets your fitness goals and health concerns.

Aerobic exercise that stimulates the cardiorespiratory system has many benefits, and counteracts some of the damage imposed by a smoking habit. For example, while smoking raises blood pressure, exercise helps normalize it. While smoking increases the rate of plaque build-up in the arteries, exercise slows it down. This doesn't mean that exercise can cancel out the damage if you continue to smoke. But it can help your body heal once you've stopped. Working out at least three times a week will lead to the physical changes we call a "training effect." Many new ex-smokers find more frequent exercise helps them manage the stress of quitting.

### BUT QUITTING SMOKING IS SO STRESSFUL. WON'T

### ADDING EXERCISE TO MY LIFE MAKE ME EVEN MORE STRESSED?

Most people find that exercise reduces stress, and helps them cope with the difficulties of quitting smoking. But it is important to design an exercise routine that is appropriate for your fitness level and lifestyle. An overzealous beginning often leads to a quick ending as sore muscles and time-constraints intrude on your Olympic fantasies. Be realistic about scheduling. Many people find that a mixture of exercise classes and walking on their own makes daily exercise feasible.

### SINCE I QUIT SMOKING, I'M TOO TIRED TO EXERCISE.

Fatigue is a common withdrawal symptom, as are irritability, tension, difficulty concentrating and depression. All of these can be good reasons to head for the fitness center. Many exercisers report that exercise calms their nerves while relieving fatigue. Sometimes it is hard to get started, but you almost always feel better after a workout.

### WILL EXERCISE KEEP ME FROM GAINING WEIGHT IF I QUIT SMOKING?

It will certainly help. While not everyone who quits smoking gains weight, it does not hurt to devise a strategy to prevent, or at least reduce, this possibility. Nicotine increases metabolic rate, so some metabolic slow-down often occurs when smoking stops. In addition, hunger accompanied by cravings for sweet foods sometimes increases during nicotine withdrawal. People who have used smoking as an appetite suppressant may be especially distressed at this. Increased hunger plus decreased metabolic rate often equals weight gain.

Exercise helps primarily by burning

calories, thus increasing daily energy expenditure. This can help compensate for calories that used to go up in smoke. In addition, exercise may help raise your resting metabolic rate if you increase your muscle tissue mass, such as through weight training. Exercise itself may act temporarily as an appetite suppressant. It helps with blood sugar regulation and, thus, helps reduce craving for sweets.

You'll need to eat. Hot, brothy soups are low in calories and help reduce hunger. So does plain water. Fresh crunchy vegetable sticks help with the munchies and sugarless gum can reduce a craving for sweets. Regular, healthful, low-fat meals and snacks help prevent the hunger and irritability that go with nicotine withdrawal.

Sometimes weight gain occurs despite good efforts. It may take months to get back to a healthful weight. If this occurs, be kind to yourself and remember why you quit smoking. The health effects of additional body fat are negligible compared to those of smoking.

### WILL I BE THE ONLY SMOKER AT THE FITNESS CENTER? MAYBE IT'S NOT THE PLACE FOR ME.

Although you probably won't see anyone smoking in your exercise classes, you can be sure there are many smokers and ex-smokers in the crowd. As you work out, visualize success, yourself as an ex-smoker committed to a healthful lifestyle. The fitness center environment can reinforce your resolve to make your health a priority.

—Barbara A. Brehm, Associate Professor Exercise and Sport Studies, Smith College, Northampton, Massachusetts

# BENEFIT NOTES

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## MAMMOGRAPHY SCREENING

We are pleased to announce that the Lab is again offering on-site mammography screenings for employees, retirees and spouses. We encourage you to take advantage of this convenient way to take care of your health. When breast cancer is discovered in its earliest stages, it is nearly 100% curable. Early detection is the key to successful treatment.

Once again, we will be using the services of Delnor Community Hospital. They will set up a portable unit in the Northwest Conference Room on the 15th floor of Wilson Hall. Screens are used to ensure privacy. The test will be administered by skilled female technologists.

Mammograms are a covered expense under the CIGNA PPO plan. Delnor is a PPO provider and is able to obtain a reduced rate for CIGNA PPO members. Since the rate is based on volume, we do not know the reduced cost to PPO members at this time. Mammograms qualify as part of the \$200 annual physical benefit under the CIGNA PPO plan. This means that the mammogram will be covered at 100% unless you have already received your \$200 annual physical benefit for 1995, in which case it will be covered at 90% if you satisfied the \$100 PPO deductible.

Delnor staff will be on site Thursday, Feb. 16 from 11:30 a.m. to 1:30 p.m. to schedule the mammograms. A table will

be set up in the Atrium near the 1 West Conference Room for you to complete a consent form and a brief medical history. Men may register their spouses and pick up forms to be brought along to the test.

If you have any questions about the mammography screening, call the Benefits Office at x3395 or x4362.

## REGISTRATION

*Thursday, February 16,  
11:30 a.m. - 1:30 p.m.*

## SCREENING DATES

*March 6 - March 10*

## SCREENING TIMES

*Monday, Wednesday, and Friday  
8 a.m. to 5 p.m.; Tuesday and  
Thursday 8 a.m. - 3 p.m.*



## NEWS FROM THE WASTE MINIMIZATION SUBCOMMITTEE

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The past year was an overwhelming success for Fermilab's recycling program. Many people assisted in recycling efforts, producing an increased recycling volume.

In the future, we hope to make the collection and transfer of recyclables to central collection points more efficient. We are looking into purchasing a cardboard baler that will consolidate cardboard more efficiently. Cardboard is quickly becoming one of our most popular items, but it piles up quickly. You can help by flattening your cardboard before placing it in the bins.

The type of items being recycled at the Lab has also increased. A list of current recyclables and collection areas follows. Please save for your reference.

### WHITE PAPER

All white paper, regardless of ink color, printing on both sides allowed (use the blank side for scratch, then recycle!)

### JUNK MAIL

All non-white paper (except computer paper and newspaper), including envelopes, magazines, manila folders, etc.

### NEWSPAPER

All newsprint, including inserts

### COMPUTER PAPER

Green bar paper

### STYROFOAM PACKING

### PEANUTS

Collected and sent to Shipping/Receiving to be reused. Collect in large plastic bags. Call dispatch, x3133, for pick-up.

### BULK STYROFOAM

All packing chunks, cups, plates, plastic silverware, all plastic with a #6. No peanuts in these bins.

### GLASS

All glass, any color. Metal caps should be

placed in scrap metal bins

### LASER CARTRIDGES

Only collection point is in WH. Please recycle box and packaging separately.

### ALUMINUM CANS

Collected in the Cafeteria or by individuals throughout the Laboratory.

### CARDBOARD

Boxes should be broken down before placing in a collection area. Chip board can be placed here.

Recyclables are commonly gathered by a local area building group before being transferred to a central collection point for pick up. Central collection points are located in Wilson Hall basement, AD high bay, TSS Industrial Buildings, DØ high bay, Feynman high bay and Shipping/Receiving.

Your assistance is appreciated. Drop suggestions to Waste Line at MS119.

—Kay Weber and Kevin Moss

# People Events

## N.E.S.R.A. CHICAGO NIGHT

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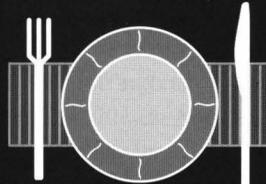
Come see the Chicago Wolves hockey team face off against the Peoria Rivermen at 7:30 p.m., Wednesday, March 8 at the Rosemont Horizon.

N.E.S.R.A.-member employees and families will receive tickets for \$9, \$7 or \$5 (\$3 off the box office ticket price) For more information call Jennifer Comar at 708-390-0404, x321 or the Recreation Office at x2548.

Fermilab is a member of the National Employer Services & Recreation Association. All Fermilab employees are eligible to attend N.E.S.R.A. events.

### Chez Léon Menu

Lunch (Wed) \$8.00 • Dinner (Thurs) \$20.00  
Reservations: x4512



Wednesday, February 1 • (Korean Luncheon) Rice with vegetables and beef, fresh fruit

Thursday, February 2 • Vegetables and cheese strudel, swordfish with lime and cilantro, vegetable of the season, puff pastry, banana sandwiches with chocolate rum sauce

Wednesday, February 8 • Lamb calzone with Caesar salad, Amaretto mousse

Thursday, February 9 • Black bean soup, baby back ribs, mixed greens, sweet potato puree w/pecans & bourbon, chocolate Cognac truffle tartlets



### 25-Year Service Awards

Associate Director Tom Nash presented 25-year service awards to 39 Fermilab employees at a luncheon December 9, 1994 at Chez Leon. Pictured are: (Row 1, l to r) Chuck Grozis, Sue McNamara, Alan Wehmann, Merle Haldeman, Ray Meisner, Rudy Dorner, Cordon Kerns and Ken Bourkland. (Row 2, l to r) Arthur Neubauer, Michael May, Ray Stefanski, Joseph Lach, Ray Hanft, Chuck Andrie and Directorate Representative Tom Nash. (Row 3, l to r) Rolf Joseph, Rich Krull, Stan Pruss, Dave Carey, Dave Earty, Joe Gomilar, Mike Mascione, Wayne Ganger, George Zielbauer and Bill Couch. (Row 4, l to r) Rich Mahler, Tom Anderson, Jerry Peterson, Al Legan, John Caffey, Tom Larson and Jim Ziober. (Row 5, l to r) Jim Edwards, Delmar Miller and Larry Jackson. (Not pictured) Edward Frazier, Walter Jaskierny, Dean Krause, Donald Mizicko and Richard L. Smith (RD).

## MOVIE SCHEDULE

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The Fermilab International Film Society presents movies from all over the world. Movies are shown at 8 p.m. Fridays in Ramsey Auditorium. All foreign films have English subtitles. Admission is \$3 for adults, \$.50 for children 12 and under. Coffee and cookies will be served on the second-floor mezzanine following each film.

February 10: *The Wedding Banquet*, An engaging story of identity and tradition and the problems that arise when the two conflict. Winner of Best Film and Best Director, 1993 Seattle International Film Festival. Ang Lee, director, Taiwan, 1993.

February 24: *The Match Factory Girl (and a short)*, Spurned by her one-night lover and pregnant, a factory girl plots revenge on all men. The cruelty is made bearable by deft interspersions of humor. Aki Kaurismaki, director, Finnish, 1993, 70 minutes.

# TEAM TOP QUARK TAKES FIRST PLACE IN WARRENVILLE SOFTBALL LEAGUE

Team *Top Quark* took first place honors in the Warrenville Women's 11" slow-pitch softball league for the fall 1994 season. The team, composed of many Fermilab employees and coached entirely by "Fermilabers," ended the season with six wins and one loss. The team was sponsored by the Car Clinic and The Courtyard Restaurant and played at the nearby Summerlakes softball diamond.

The players and coaches were (top row, l to r) Rich Genik (DØ), Leonard Nelson (RD), Regina King, Loretta McDonald, Deachtra Henny (Security), Christine Breyne (BS), James Ranson (AD), Kay L. Roth. (Seated, l to r) Lola Thornton, Stephine Wilson, Angela Velasquez (LS), Fred Lewis (RD). (Bottom row, l to r)

Walter Stuermer (RD), Margaret Votava (CD), Elizabeth Gallas (DØ). Not pictured: Ann Christian, Rosetta

Hatcher, Louise Ideran, Lola Jenkins, Jackie Long, Angela Prosapio (Physics) and Sue Schulz.



*Team Top Quark*

## FERMILAB DART LEAGUE

The Fermion Dart team had a successful fall season, finishing third out of eight teams in the Tungsten division. There are two divisions in the league with the top division being "Tungsten" and the lower division being "Nickel." Members of the Fermion Dart team are:

WAYNE JOHNSON (RD/EED), Carol Johson (spouse); JIM LOSKOT (RD/TSG); Jim Smith and Mike McNight.

The spring season starts on January 29. The league is open to experienced, begin-

ners and "have-never-done-it" darters. The league plays in conjunction with the Fox Valley Dart Association, with home games at the Users Center. Interested? Contact JEAN GUYER, x2548, WAYNE JOHNSON, x3190 or JIM LOSKOT x3355.

## Harper's Index

Chances that a Vermont household is heated solely with wood: **1 in 6**

Number of trees used to produce the mail-order catalogues sent to U.S. households each year: **14,000,000**

## Congratulations

To Aprille and TIM MCKAY (Physics) on the birth of their son Jordon John McKay. Jordan was born on January 2, 1995 at Delnor Community Hospital in Geneva. He weighed six pounds, nine ounces and was 18 inches long.

To Rebecca and SI FANG (AD/EE Support) on the birth of daughter Tiffany Wingkay Fang. Tiffany was born on January 19, 1995 at Michael Reese Hospital (Chicago) at 2:41 p.m. She weighed seven pounds and was 20.5 inches long.

# CLASSIFIEDS

## ■ VEHICLES

1994 Chevy S-10 Blazer Tahoe LT, 4 dr., 4WD, loaded, low mileage, \$21,500. Call Jim at x3371 or Jenny at x3644 days or 815-729-9072 eve.

1991 VW Golf GL, 2D, hatchback, sun roof, cruise control, stereo tape deck (pull-out design), AC, 49k mi., very good condition. \$7,500. Call Paula at x3401 or 708-892-1468.

1979 Chevy G20 conversion van, 350 cid, 4bbl, ps, pb, auto, tilt, AM/FM/cassette w/ 6 speakers, 3 captain's chairs, rear bench/bed, cooler, sink. All new tires on custom wheels, recent tune-up & belts, new exhaust and brakes, aluminum running boards, passed emissions test 1/95, strong runner, \$2,100 firm. Call Bob at 708-393-7138.

1977 MGB; fair condition; blue; new top, gas tank, brake lines, tires and battery; head reworked; receipts, \$1,600. Call Brad at x3777.

## ■ MISCELLANEOUS

Guitar amp, Peavy half-stack, VTM-120, excellent condition, \$650; TV stand, light oak 16" deep x 26" wide x

25" high, \$75; water bed, queen-size w/ heater & safety liner, \$75. Call Ron at x4663 or 708-466-1823.

Amana self-cleaning 30" electric stove, cream color, excell. cond., \$150. Call Jean at x2548 or 708-897-9343.

Soloflex butterfly & leg attach., extra rubber bands, \$750. Call Greg at x3011 or 708-557-2523.

Sears Best mattress, king-size foam fill, 2 piece box spring, like new, \$250. Call Dennis at x4190 or 815-786-8083.

Queen-size waterbed, soft side, incl. frame, \$95 o.bo. Call Rich at x3880 or 708-690-1691.

Dryer, Whirlpool, gas, very good condition, \$30. Call Lee at x8236 or 708-897-8643.

Octagonal walnut club table, four matching chairs w/upholstered cushions, one leaf, table is 42"l x 42" w x 27" h (w/o leaf), exc. cond., \$300; Ladies' Northwestern golf clubs, right-handed, powder blue/white bag, used twice, \$300; Smith-corona Galaxie XII

manual portable typewriter w/hard-sided carrying case, exc. cond., \$25. Call Shelley at x3324.

## ■ REAL ESTATE

3 bedroom ranch in rural Kane County. 1.5 baths, full basement, den, 2 car garage. Fireplace in basement family room, woodburning stove in living room. Half acre, \$140,000. Call 708-557-2234.

## ■ WANTED

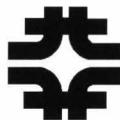
Wanted: Radios, pre 1950 radios, parts or literature. Call Dennis at x4190 or 815-786-8083.

## ■ FREE

Free for on-site Fermilab use only. 10 relay racks set up for FASTBUS. Racks are 83 3/4" h x 24" w x 36" d (6" deeper than lab stock). Most have 2 side panels & back door w/circuit breaker box & power cable attached. Has FASTBUS rack monitor, crates, radiators & cooling blower. If you need only the rack, PREP will take the FASTBUS crates back but you'll have to handle rest yourself. For info call Chuck Serritella x2925, x3001 or LD Pager 708-536-8410.

## FermiNews

*The Newsletter of the  
Fermi National Accelerator Laboratory*



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Please send your article  
submissions or ideas to  
the Publications Office.