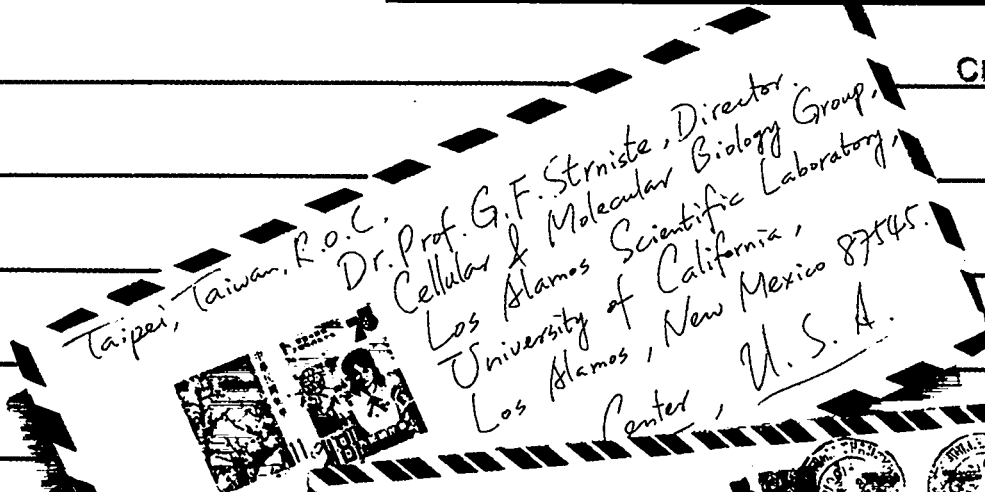


Handbook for Foreign Visitors

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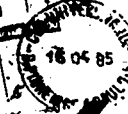
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LOS ALAMOS SCIENCE
LOS ALAMOS NATIONAL LABORATORY
LOS ALAMOS, NEW MEXICO 87545
UNITED STATES OF AMERICA

VIA AEREA
PAR AVION



Los Alamos National Laboratory Holidays

(See Laboratory telephone directory for specific dates each year)

January	New Year's Day
	Martin Luther King's Birthday
February	Presidents' Birthday
May	Memorial Day
July 4	Independence Day
September	Labor Day
October	Columbus Day
November	Veterans' Day
	Thanksgiving
December 25	Christmas Day
	Energy Conservation Day
	"floats" each year

Distances from Los Alamos

Cities in New Mexico	Miles	Kilometers
Albuquerque	93	149
Alamogordo	255	408
Carlsbad	302	483
Chama	100	160
Española	19	30
Farmington	193	309
Gallup	231	370
Grants	171	274
Las Cruces	316	506
Las Vegas	98	157
Mora	91	146
Portales	254	406
Raton	161	258
Red River	102	163
Roswell	226	362
Santa Fe	34	54
Silver City	331	530
Socorro	170	272
Taos	66	106
Tierra Amarilla	85	136
Tucumcari	208	331

Cities outside New Mexico	Miles	Kilometers
Atlanta, GA	1379	2206
Boston, MA	2158	3453
Chicago, IL	1266	2026
Dallas, TX	658	1053
Denver, CO	352	563
El Paso, TX	341	546
Flagstaff, AZ	419	670
Houston, TX	853	1365
Kansas City, MO	768	1229
Las Vegas, NV	663	1061
Los Angeles, CA	885	1416
Miami, FL	1952	3123
New Orleans, LA	1155	1848
New York, NY	1972	3155
Philadelphia, PA	1879	3006
Phoenix, AZ	523	837
St. Louis, MO	1023	1637
Salt Lake City, UT	604	966
San Diego, CA	872	1395
San Francisco, CA	1187	1899
Seattle, WA	1426	2282
Vancouver, BC (Canada)	1558	2493
Washington, DC	1812	2899

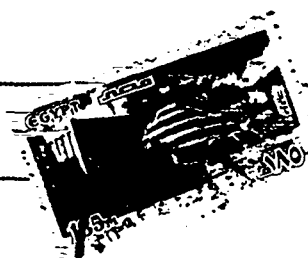
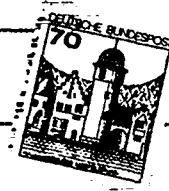
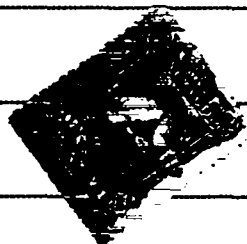
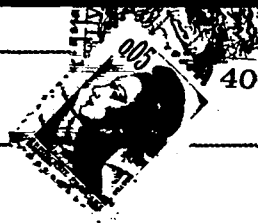
Points of Interest	Miles	Kilometers
Bryce Canyon National Park	613	981
Canyonlands National Park	371	594
Carlsbad Caverns	322	515
Chaco Canyon	170	272
Grand Canyon National Park	469	750
Rocky Mountain National Park	407	651
White Sands National Monument	269	430
Yellowstone National Park	826	1321
Yosemite National Park	1168	1869
Zion National Park	623	997

Telephone Numbers

Emergencies:	
Police, fire, or ambulance	911
Poison control and drug information	1-800-432-6866
Alcohol information center and 24-hour crisis line	662-5000
Ambulance (nonemergency number)	667-4055
Bandelier National Monument	672-3861
Better Business Bureau	988-3648
Bradbury Science Museum	667-4444
Cooperative Extension Service	662-2656
Fire Department (nonemergency number)	667-4055
Fuller Lodge Art Center	662-9331
Golf course	662-4748
Historical Museum	662-6272
Hospital (Los Alamos Medical Center)	662-4201
Ice skating rink	662-4500
Internal Revenue Service, Albuquerque	243-8641
Los Alamos County Government	
Administration	662-8080
Animal licenses	662-8070
Cashier	662-8070
Information	662-8000
Parks and Recreation Department	662-8170
Public Health nurse	662-8175
Snow removal	662-8150
Utilities Department	662-8130
Utilities emergencies after hours	662-8222
Los Alamos Family Council	662-3264
Los Alamos Medical Center	662-4201
Los Alamos Schools (public)	
Information	662-4141
Swimming pool	662-4106
Aspen School	662-4396
Barranca Mesa School	662-5281
Chamisa School	672-3851
Mountain School	662-4367
Pinon School	672-1999
Middle School	662-5251
High School	662-4136
Los Alamos/White Rock Chamber of Commerce	662-8105
Mesa Public Library	
Administration	662-8240
Children's services	662-8258
Circulation desk	662-8250
Interlibrary loan	662-8255
Reference librarian	662-8253
Renewals by phone	662-8252
Technical services	662-8260
White Rock Branch	662-8265
New Mexico ski conditions	984-0606
New Mexico Travel and Tourism Division	827-2630
Police (nonemergency number)	662-8222
Post Office	662-2071
Road conditions	983-0120
Rollerskating	662-6277
San Ildefonso Pueblo	455-2273
Santa Clara Pueblo	753-7326
Science Museum	667-4444
Ski club	
Office	662-5725
Ski conditions	662-7669
Teledad	662-6211
University of California	
LAMPF Visitor Center	667-1726
Los Alamos National Laboratory	667-5061
Newsline—Update	667-6622
Public Affairs Office	667-7000
Foreign Visitor Office	667-4960
University of New Mexico-Los Alamos	662-5919
U.S. Forest Service, Los Alamos office	667-5120
Women's Center	662-5299
YMCA	
Los Alamos	662-3100
White Rock	672-1622
Youth Employment Service	662-5873

Handbook for Foreign Visitors

A Practical Guide for Visitors from Abroad



Credits

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Preface

The excellence of much of the work done at Los Alamos National Laboratory depends in no small part upon contributions by visiting scientists and engineers from research and educational institutions around the world. In addition, the presence of these visitors and their families enriches the cultural life of our community.

The staff of the Laboratory recognizes the personal difficulties visitors sometimes encounter when they move to Los Alamos. Adjusting to a new life where the language may not be familiar and where customs may be significantly different from one's own is stressful. To smooth the transition, the *Handbook for Foreign Visitors* attempts to anticipate visitors' questions and problems and to suggest helpful and accurate answers and solutions. Because names, dates, prices, services, and business hours change so frequently, the handbook emphasizes procedures for finding information as well as the facts themselves. Its goal is to help newcomers discover how to help themselves.

How to Use This Book

Welcome to Los Alamos! We hope your stay will be pleasant and rewarding. The *Handbook for Foreign Visitors* is designed to answer many of the questions, both large and small, that you will ask as you prepare to move to our community. It also contains basic information you will need once you have arrived.

A quick glance at the table of contents gives an idea of the subjects covered by this handbook. Four major sections outline what to arrange before you come to Los Alamos, how to manage a household here and to interpret American customs, how to establish yourself in the community and enjoy the culture of this outstanding region, and what to take care of when you are preparing to return home.

Part I, "Before You Come to Los Alamos," describes what to expect of our community and of Los Alamos National Laboratory. It discusses the arrangements you need to make before you leave your home country and suggests what to bring. Part I also gives information about your arrival in Los Alamos: how to get here, how to report to the Laboratory, and where to find help.

Part II covers practical matters about living in Los Alamos. It contains, for example, information to help you cope with household emergencies, enroll your children in school, buy a car, and establish a bank account. It describes our health and community services and the laws and regulations that most affect visitors. Part II also includes advice about American habits and customs that should make life here less of a mystery and explain why we do some things the way we do.

The information in part III, "Enjoying Los Alamos," describes community activities you will share with us, recreation opportunities, and entertainment. Included in part III are suggestions for exploring New Mexico and the greater Southwest using Los Alamos as your home base.

Part IV explains procedures to follow when you leave Los Alamos and return to your home country. This section of the handbook guides you through the official transactions you need to complete with the Laboratory and state and federal agencies before your departure. Part IV also explains how to terminate residential utilities services and offers advice about getting your belongings back home.

Other features of this handbook are designed to bring important facts to your attention.

Inserts include the public school calendar and a chart describing approximate living expenses for Los Alamos.

Maps show the location of Los Alamos, its major approaches, and its principal features.

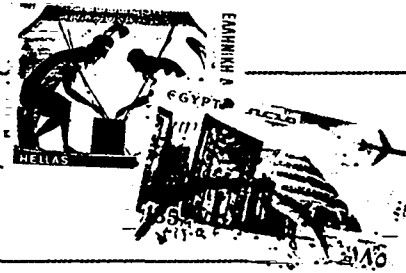
Conversion charts compare the English and metric systems of measurement. For the visitor unaccustomed to American kitchen appliances and recipes, we list equivalent cooking terms, measurements, and oven settings.

Boxes on the inside front cover list frequently used and emergency telephone numbers, distances from Los Alamos to places of interest, important dates, and other information.

Pertinent **telephone numbers and addresses** appear at the end of each chapter.

An **Index** helps readers quickly locate the information they need.

Part I Before You Come to Los Alamos



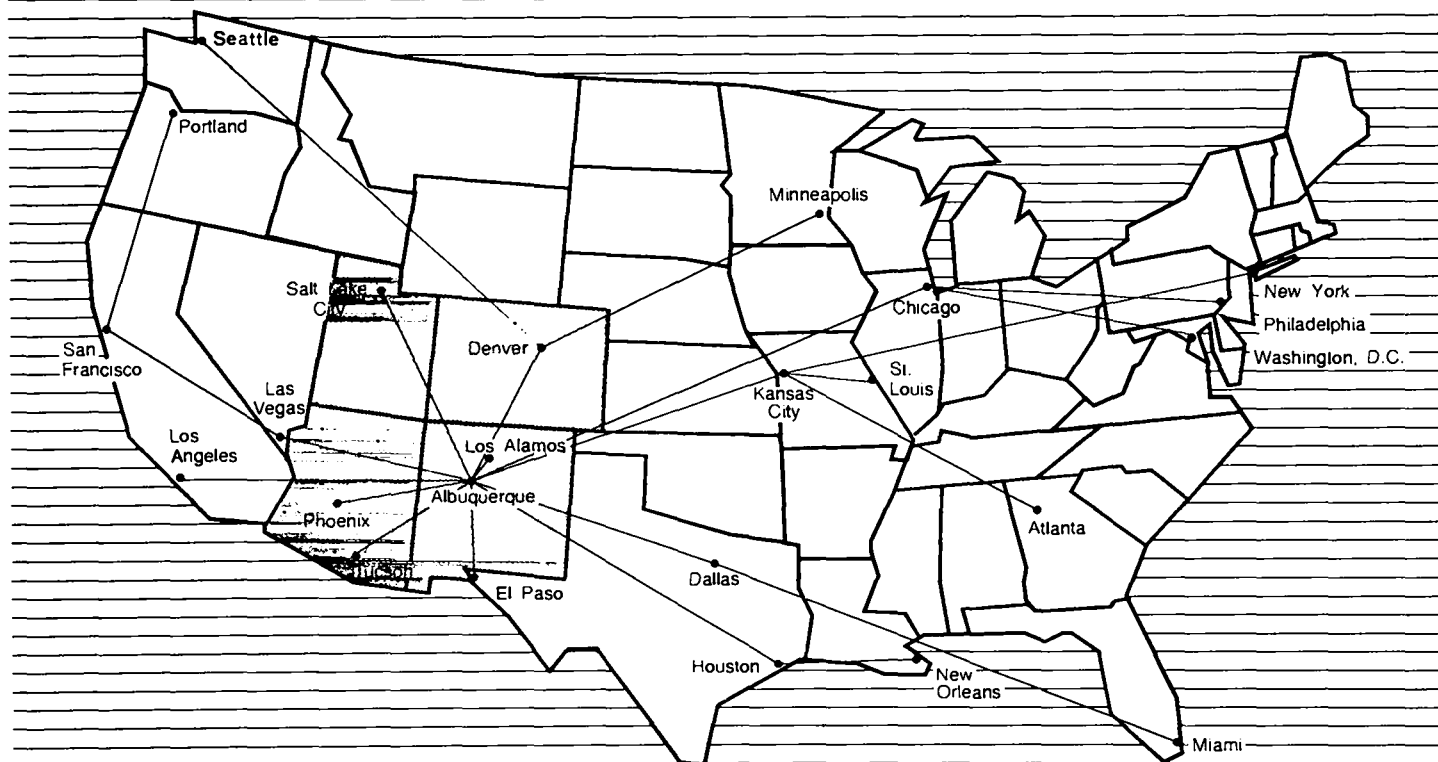
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Where is Los Alamos?

The Southwest

Los Alamos lies on the eastern slopes of the Jemez Mountains in northern New Mexico, a state in the southwestern region of the United States. The Southwest, part of the legendary "Wild West," is famous for its varied scenery—deserts, great canyons sculpted out of multicolored rock, mesas and buttes that rise over high plateaus, and immense mountain ranges. Although cowboys, ranchers, and Indians are not unusual sights, the Southwest is part of the twentieth century. The region is crisscrossed by modern highways, and goods and services are available in every town.

Continental United States



New Mexico

Size: New Mexico is the fifth largest state in the nation and one of the less crowded ones. Our population is 1.3 million. The United Kingdom and West Germany are each about three-quarters the size of New Mexico but have more than sixty times as many people. Japan's land area, which is about the same as New Mexico's, supports more than one hundred times as many people.

Major cities: New Mexico seems fairly empty to most visitors. It has only one large city, Albuquerque, which lies 100 miles (160 kilometers) south of Los Alamos and whose population is just above 350,000. The next largest city is the state's capital, Santa Fe, which has a population of about fifty thousand.

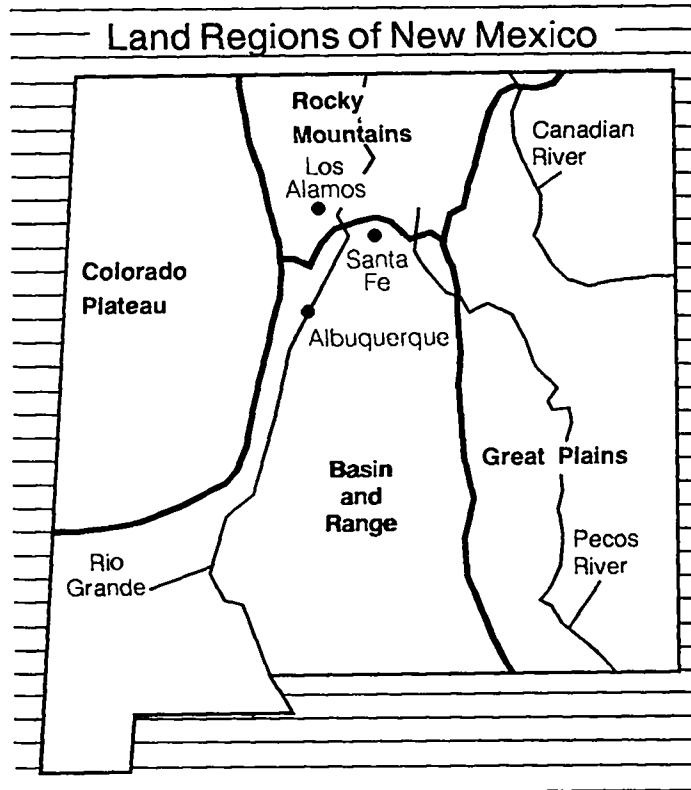
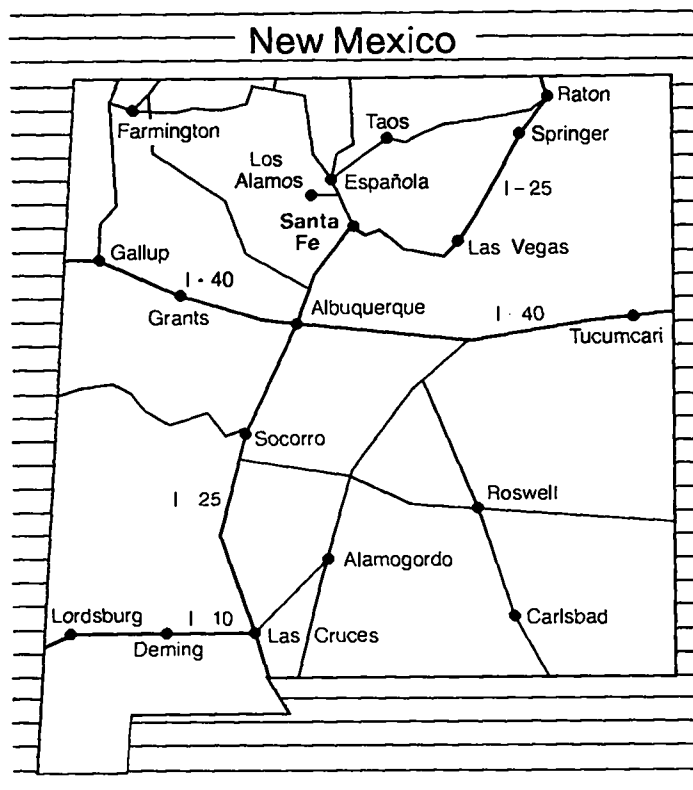
Landscape: A popular misconception exists that New Mexico is a desert. A portion of a true desert does extend from Mexico into southern New Mexico, but one would have to drive many hours from Los Alamos to see it. New Mexico's scenery is beautiful and diverse. The Rocky Mountains thrust into the north-central portion of the state from Colorado, reaching an altitude of just over 13,000 feet (about 4300 meters) near Taos. The vast Colorado Plateau, a region of high tablelands serrated by canyons cut deeply through red sandstones and shales, covers the northwest section of the state. This red-rock terrain is thought of by many people as Indian country, and today Navajo and Apache tribes herd their sheep here against a backdrop of sharp cliffs and solitary buttes. Most of the eastern third of New Mexico is part of the Great Plains that sweep across North America from

Canada to Mexico. The southern part of the state, where rainfall is infrequent, includes scattered ranges of rugged mountains and broad low desert basins.

Climate: Although not a desert, the Southwest is arid; New Mexico averages less than 20 inches (48 centimeters) of precipitation a year and most crops require supplementary irrigation. Northern New Mexico, however, is relatively green and well watered. As much as 300 inches (720 centimeters) of snow falls each year in the higher mountains.

Los Alamos

Los Alamos lies north and west of Santa Fe. Its latitude, 35 degrees north, is the same as that of Tokyo and Gibraltar.



What is Los Alamos like?

Description

Topography: Los Alamos is distinguished by the beauty of its surroundings and by its altitude (7300 feet or 2226 meters). The town spreads over a series of mesas cut deeply by wooded canyons and backed by a mountain range that rises to 11,500 feet (3506 meters). About 1700 feet (518 meters) below Los Alamos lies the immense valley of the Rio Grande. From our homes we look across this valley to the southernmost segment of the Rocky Mountains; tall peaks, often snow covered, stand between Los Alamos and the Great Plains. It is not an exaggeration to say that our views are breathtaking.

Neighboring communities: Beautiful stretches of wilderness lie between Los Alamos and our nearest neighbors, but good roads connect us with other communities. Santa Fe, the state capital, is close enough for us to participate easily in its cultural life, and Albuquerque is just under a two hours' drive away.

Climate: Our climate is dry and sunny, even in winter. The light is intense and of a quality that draws artists to New Mexico to try to capture its lovely effects. Summers are warm, but at our altitude it is rarely hot and we never experience the heat associated with desert regions. Winters are cold, but because the humidity is low, temperatures are tolerable. The average temperature between April and September is 72 degrees Fahrenheit (22 degrees Celsius); from October through March it is 47 degrees Fahrenheit (8 degrees Celsius).

Weather: Los Alamos weather is mountain weather. Most of our precipitation falls in July and August, as rain, and during the winter months as snow. On many summer days great thunderheads build over the mountains. By early afternoon rain may pour down, accompanied by lightning and sometimes hail. Soon, however, the skies clear, and summer evenings are almost invariably delightful (and cool). The stars are magnificent.

Snow: Los Alamos receives about 50 inches (120 centimeters) of snow most winters. We seldom experience blizzards or crippling storms. *Perhaps two or three* times a year, snowstorms delay the opening of schools for an hour, but the strong winter sun usually melts the snow in town quickly.

The seasons: Springtime comes late to the Rockies. It is windy then, and freezing weather in late April often threatens the just-blossoming fruit trees. Wet snowstorms may occur in May. By June, however, it is warm enough to swim outdoors, and summer lasts until mid-September. Fall is a beautiful season. At this time of year the aspen trees on the mountainsides turn to gold and the sky becomes a deep turquoise blue. The first significant snow usually falls in late November, and the skiing season frequently starts by December.

Population: About twenty thousand people live in Los Alamos County, an area of 112 square miles (290 square kilometers, or about twice the size of Liechtenstein) that contains only two communities. About seven thousand of the inhabitants live in White Rock, which is part of the political structure of Los Alamos but is geographically separate. White Rock lies 8 miles (12.8 kilometers) south of Los Alamos and is 1000 feet (305 meters) lower. (It is also warmer and drier.) The remainder of the population lives in Los Alamos proper, known as "the townsite."

The townsite: The town of Los Alamos is small, and most of its amenities are concentrated along several blocks of one main street, where county government offices, our post office, library, cultural center, county museum, and many shops and services are located. Los Alamos was laid out by the U.S. Army during the war years in the early 1940s and parts of it are still reminiscent of a military town. However, efforts to landscape the townsite and the administrative area of the Laboratory and to introduce more pleasing architecture continually improve the town's appearance.

Residential areas: There are residential areas in both Los Alamos and White Rock. Those in Los Alamos proper spread over a series of mesas to the north and east of the town's center and extend west into the forested slopes of the Jemez Mountains. Los Alamos National Laboratory lies on mesas to the south. White Rock, which was established in the 1950s in response to a lack of family housing in the townsite, is a community of about two thousand attractive homes with stores, services, and elementary schools.

Lifestyle

Los Alamos is a family town and has limited night life. People are rarely seen out walking after business hours, and after ten in the evening the town is quiet. The crime rate is low; it is generally considered safe to walk on the streets. We live in a mountainous and beautifully scenic area with a temperate climate, and outdoor activities are popular throughout the year. Because Los Alamos is small and relatively isolated from other communities, commercial entertainment is frequently lacking, so we entertain ourselves. Los Alamos has many talented residents who have created orchestral and chamber music groups, choral societies, light opera associations, and little theater groups. We have more than two hundred clubs and organizations, and classes are given in many general-interest and academic subjects. (Cultural activities are described more fully in part III.)

Life in Los Alamos, as in most of the American West, is informal. Westerners have a reputation for being friendly and tolerant. Most people entertain "family style," on a casual level. Men rarely wear ties, even to work. Middle-class American values dominate, and almost everyone is employed, including many wives. Our unemployment rate is less than 2 percent.

Most adult residents are married; there are slightly more men than women. Almost 40 percent of the population is between the ages of thirty-five and fifty-nine. Because Los Alamos has only one major employer, the Laboratory, its orientation is toward science. Los Alamos residents are well educated and have the highest per capita income in the state. Almost 95 percent of the people are Caucasian.

Cost of living

What does it cost to live in Los Alamos? An insert giving average costs for a variety of goods and services and for housing and transportation is included in this handbook.

Los Alamos National Laboratory

Los Alamos National Laboratory is a multiprogram national laboratory of the United States Department of Energy operated by the University of California. It employs about seventy-six hundred people, many of whom commute to Los Alamos from outlying areas.

Working hours

Working hours for most employees are Monday through Friday, 8:00 a.m. to

12:00 noon and 1:00 p.m. to 5:00 p.m. The national holidays observed by the Laboratory are discussed in part III.

Address

The Laboratory's mailing address is Los Alamos National Laboratory, Los Alamos, New Mexico 87545, U.S.A. Note that the Laboratory's Zip Code is different from the Zip Code for any other address in Los Alamos (all other addresses use 87544). If you are writing to an individual at the Laboratory, include the name of his or her group and mail stop (MS) if possible. The Laboratory's Telex number is 660495; the TWX number is 910 988 1773. Include with either of these numbers the recipient's complete Laboratory address. If you need to telephone the Laboratory, you will save time and money if you dial the number of the person to whom you need to speak. If you do not know a particular number, call the Laboratory operator at (505) 667-5061 for information between 8:00 a.m. and 5:00 p.m., Monday through Friday. New Mexico is in the mountain time zone.

Description

Los Alamos National Laboratory consists of a large central administrative area and many outlying research sites scattered across the mesas. Its modern study center (a technical library) and cafeteria are open to the public. An employees' organization, Club 1663, provides programs and services that are often open to visitors and members of the community (see part III).

The central administrative area includes a branch of a local financial institution but no other commercial services.

The Foreign Visitor Office

The Laboratory maintains a Foreign Visitor Office whose staff welcomes visiting scientists and their families, helps find solutions to their problems, and acts as liaison between visitors and the Laboratory and the community. The staff of the Foreign Visitor Office encourages Laboratory visitors from other countries to come by the office shortly after their arrival to become acquainted with its services.

Foreign Visitor Office
Los Alamos National Laboratory
MS P373
Los Alamos
New Mexico 87545
U.S.A.

Chapter 2: Arrangements to Make before You Leave Home

To ensure a smooth transition from your home to your new life in Los Alamos, you must make certain arrangements well ahead of time. The Laboratory will assist you with some of them, but others are your own responsibility. Following is a list of matters that need your attention before you leave home.

Wherever possible, phone numbers and addresses of people who can help you are included in this handbook, usually at the end of each section. Do not hesitate to call or write. The personnel at Los Alamos National Laboratory know that our procedures are unfamiliar to you, and they want to make your experience here pleasant. Let them know if you have a question—the sooner, the better. The more time you give our staff to solve your problem, the more likely it will be resolved to your satisfaction. Remember, it takes time to unravel “red tape” and to send mail back and forth.

Arrangements to make with Laboratory assistance

Visas

United States immigration regulations require that citizens of most countries obtain a visa before entering the United States. A visa is a stamp placed on a page of your passport. You must apply for your visa before you leave your home country; you will not be admitted to the United States without it.

The U.S. Immigration and Naturalization Service, an agency of the U.S. Department of Justice, administers and enforces immigration laws. Outside the United States, these laws are administered by the U.S. Department of State through its consular posts.

Applying for a visa: The Laboratory's Consultant and Affiliate Services staff prepares all applications for Laboratory-sponsored H-1 visas. Visitors who plan to enter the United States with an H-1 visa will be notified by the Laboratory when the application has been approved.

The Laboratory sends appropriate forms to visitors applying for J-1 visas. Submit

them to the nearest American consulate as soon as you receive them. Keep one copy; you will need it when you enter the United States.

If you are to be paid a fee, salary, or honorarium by Los Alamos National Laboratory, you must apply for a visa through the Laboratory even if you are a citizen of a country (such as Canada or Mexico) for which visas are not required for entry into the United States. The Laboratory cannot pay you unless you hold a visa that allows you to accept funds for work performed in the United States. If you already have a visa issued through another institution, make arrangements with the Laboratory to have it transferred. Please note that you cannot accept a salary or fee in the United States if you hold a B visa (business visitor employed by a foreign employer, or visitor for pleasure).

Regulations concerning the employment of your spouse or children while they are temporary United States residents are discussed in part II, chapter 4.

Visas for family members: Your spouse and children will normally be issued visas compatible with yours. For example, if you are eligible for an Exchange Visitor (J-1) visa, your family members will be issued J-2 visas. Your family as defined by the U.S. Immigration and Naturalization Service includes your spouse and unmarried children under age twenty-one. Other people traveling with you must enter the United States on another type of visa, normally a tourist visa (B-2). People holding B-2 visas are usually admitted to the United States for a maximum of six months. The decision is entirely at the discretion of the immigration official at the port of entry.

Length of stay permitted: A visa gives permission to travel to a country, but it does not specify how long you may stay. That decision is made by the immigration official at your port of entry. Normally, the official will allow your stay to coincide with the dates on your visa application. He or she will write the expiration date of your authorized stay on Form I-94, "Arrival-Departure Record," and staple it onto your passport. This form also indicates whether a visitor may accept employment in the United States.

Leaving the United States temporarily: If you or a member of your family leave the United States temporarily, an immigration official will remove your I-94 form when you depart. You cannot reenter the country on your visa alone, even though it states "multiple entry." To be readmitted, you must show a valid passport, a valid visa, and your copy of the visa application papers the Laboratory sent you to prove your stay in the United States is officially sponsored. If you lose or misplace your copy of this form, notify Consultant and Affiliate Services right away; the office will assist in obtaining a duplicate for you. The process may take several weeks.

Remember that if a member of your family leaves the United States and expects to return, he or she must also show upon reentry a copy of the papers sent you by the Laboratory.

Visa restrictions: Please review carefully the terms of the visa you hold. Be aware of constraints on the time you may stay and requirements for changing your status. Discuss any questions with the staff of the nearest American consulate or with the Laboratory's Consultant and Affiliate Services.

Time required to process applications: As you plan your date of departure for the United States, allow plenty of time for your visa application to be processed and sent to you. Make your visa arrangements well in advance. If your personal plans dictate a deadline by which you must have your visa, please inform the Laboratory immediately. The necessary papers cannot be sent to you until you complete Form 1068, "Information for Visit to the United States." Send it to Consultant and Affiliate Services as soon as possible.

For help with your application: To talk to someone at the Laboratory about your visa application, call Consultant and Affiliate Services and explain your problem. Your message will be recorded if the office is closed. Be sure to leave a telephone number where you may be reached. The Consultant and Affiliate Services staff or your sponsoring organization at the Laboratory will return your call as soon as your problem has been resolved. Please note that the Laboratory cannot accept collect calls.

Travel arrangements

Next you need to make your travel plans. Chapter 3 describes routes to Los Alamos from within the United States and methods of getting here. Los Alamos is 100 miles (160 kilometers) from the nearest major airport. Your host, with the assistance of the Laboratory's Travel Office, will help you make travel arrangements.

Laboratory travel and reimbursement policies: The Laboratory includes with your employment contract a statement of Laboratory travel and reimbursement

policies. The policies explain which expenses will be reimbursed and how they should be documented. Many problems may be prevented if you read the statement carefully. As an example: the policy describes the insurance the Laboratory carries in case a visitor has an accident in a rented car while on Laboratory business. If you inadvertently purchase duplicate insurance, the Laboratory cannot reimburse you. Purchase additional insurance only if you expect to take personal trips in your rented car.

Payment of visitors: The Visitor Payment Section of the Laboratory's Travel Office reimburses visitors for authorized travel expenses and disburses fees. The staff of this office urges you to write or call—and to come in, once you arrive in Los Alamos—to discuss questions about travel and reimbursement policies. They can serve you best if you give them as much notice as possible of your needs. The office is open Monday through Friday from 8:00 a.m. until noon and from 1:00 p.m. until 5:00 p.m.

Housing

The Laboratory will help you find housing in Los Alamos or surrounding communities. The Housing Office lists apartments and homes that are available for rent or sale and refers interested parties to each other.

The housing request form: Along with your employment contract, you receive a housing request form. Fill it out and promptly return it to the Housing Office. Housing is difficult to find in Los Alamos and the process may take several months. The Laboratory has no temporary guest housing. If you will be working at the Clinton P. Anderson Meson Physics Facility (LAMPF), send your housing request form directly to the Visitor Center there. If you will be working anywhere else at the Laboratory, send your request to the Housing Office.

List your requirements on the housing form. The Housing Office needs to know if you will be bringing your spouse and children, if you have pets, if you smoke, and how much rent you are able to pay per month.

If you are bringing your family to Los Alamos: It is easier to find accommodations for a single person than for an entire family. If you plan to bring your family to Los Alamos, inform the Housing Office immediately and communicate with it regularly to check on progress before you leave home.

Pets: Many rental units do not allow pets.

Smoking: Homeowners are sometimes reluctant to rent to people who smoke. As you may know, smoking is less acceptable in the United States than it once was (see chapter 16).

Special needs: Indicate on the housing request form any special needs you have such as a fenced yard where young children may play safely, an apartment close to shops if you will not have a car, a house near schools, or accommodations for handicapped family members. The Housing Office may not be able to meet every need, but it will try. You can help by letting the Housing Office know your requirements as early as possible.

Temporary living arrangements: Temporary living arrangements can be made for you (through your host) if you wish to choose your lodgings yourself. Chapter 6 gives information about finding rental homes or apartments in Los Alamos.

Housing costs: Average monthly rental costs for this area are included in the cost-of-living insert.

Arrangements to make on your own

Passports

Your passport should be valid for six months beyond the intended length of your stay in this country. If your passport expires while you are residing in Los Alamos, you will have to renew it in person at your country's nearest consulate, which will usually mean a trip out of the state. At this writing, only the Mexican government has consular offices in New Mexico. (There is an honorary consular officer representing France in Santa Fe.)

Health Insurance

You must provide your own health insurance: Because most visitors to Los Alamos National Laboratory are not classified as employees and are therefore not eligible for regular staff benefits, which include health insurance, you should protect yourself and your family by purchasing your own coverage. Medical services in the United States are very expensive. There are neither free public medical clinics nor free hospitals in Los Alamos. Medical care is administered by private doctors.

If you have health insurance: Check whether your policy covers you while you travel to the United States and while you live here, and know which medical

procedures are covered. Some medical laboratory procedures regularly performed here are covered by American health insurance plans but not by some European policies. Bring your insurance company's claim forms. Our custom is to pay medical bills when we visit a doctor and to claim reimbursement from the insurance company afterward.

Purchasing health insurance before you leave home: It is possible to purchase health insurance from an American carrier before you leave home. Some American insurance companies such as American International Underwriters and the INA Corporation have offices in many countries. They sell accident and hospital coverage intended especially for visitors to the United States. Other American companies that do not have offices abroad will sell policies through the mail. The Laboratory's Compensation and Benefits Office can refer you to appropriate sources of mail-order health insurance. Query them through your host. If you enroll in a plan before you come to Los Alamos, coverage can begin on your arrival date. In some cases, a United States resident may be able to apply for you.

For information about finding a local health insurance company and the amount of insurance that is considered adequate, see chapter 10.

Transportation

A car is a necessity: Visitors to Los Alamos are often surprised to learn that our town has no community-wide public transportation system, nor is there public transportation linking Los Alamos with Santa Fe or other nearby communities. A car is a necessity. Los Alamos spreads over a large area and many homes are several miles from the nearest stores. You must plan on financing your own transportation once you are here, and at least one person in your family should know how to drive.

Chapter 8 describes our situation more fully; it explains alternative modes of travel and procedures for buying, leasing, or renting a car.

Importing a car to the United States: Although you may send a car from your home to the United States, renting or buying a car here is usually simpler and less expensive. If you do decide to import a car into the United States, it must meet certain American standards regarding both safety and emission controls. Driving a vehicle in the United States (automobile or motorcycle) that does not conform to our emission requirements is a violation of the U.S. Clean Air Act.

Exceptions: Authorities will make very limited exceptions to the emissions conformity requirement for individuals who have never before imported a nonconforming vehicle if they bring it in for their personal use only and not for resale. The vehicle must be at least five model years old and must have been owned by the person importing it before importation.

If you bring a vehicle into the United States under this policy, you must post a bond at your port of entry and then modify the vehicle to meet both United States automobile safety requirements and state or local emission requirements. If you subsequently decide to sell a vehicle brought in under this policy, you must have it conform also with United States (federal) emission requirements. You may be subject to import duties.

Government recommendations: Because modification of a nonconforming vehicle is difficult and sometimes impossible, and because testing is expensive and will have to be done out of state, the government's Environmental Protection Agency strongly recommends that you import only a vehicle certified and labeled by the manufacturer for sale in the United States.

Registration plates: Your country's license (registration) plates will be accepted, if they are current, for six months. After that time you should register your vehicle in New Mexico.

Nearest ports: The ports nearest New Mexico are in Texas and California. Houston, Texas, the closest, is 900 miles (1440 kilometers) from Los Alamos. If you ship a car to the United States, do not leave anything of value in it.

For further information: The regulations covering emissions and the importation of vehicles to the United States are much more complex than indicated by the brief summary given here. For more information, write the U.S. Environmental Protection Agency for its fact sheet on automotive imports. If you have specific questions, include the make, model, year, and vehicle identification number (from the registration card) of your car or motorcycle.

The Environmental Protection Agency has jurisdiction over emissions standards only. For information about safety standards for vehicles imported to the United States, write the U.S. Department of Transportation.

Drivers' licenses: State law requires every person who operates a motor vehicle on public streets and highways to have a valid New Mexico driver's license. Visitors residing here temporarily should obtain a New Mexico license within ninety days of

their arrival unless they have a valid international driver's license.

If you or other members of your family do not already have a driver's license and are debating whether to obtain one before you leave home or after you come to Los Alamos, read chapter 8. It describes the New Mexico driver's test and other regulations. The only document required for a New Mexico driver's license is an official one that shows your date of birth.

Some insurance companies will not sell you automobile insurance unless you have a New Mexico driver's license.

You may buy a car in New Mexico without having a valid driver's license, but you may not drive on public roads without one. You cannot rent or lease a car without a valid license. Before you leave home, make sure yours has not expired.

Schooling

Education in Los Alamos is discussed in chapter 7. Refer to it for a description of our schools, their locations, the programs available for both children and adults, and a synopsis of some school policies. Before you leave home, however, you may find the following information helpful.

Public schools: The public school system, which is free, provides thirteen years of education. Los Alamos public schools begin at the kindergarten level and continue through high school. A child who is five years old by September 1 is eligible to enter kindergarten at the beginning of the school year. A child who is six years old by September 1 is eligible to enter the first grade at the beginning of the school year. A school calendar is included with this handbook.

Private schools: Private schools in Los Alamos range from preschools that accept children as young as two to schools that are accredited by the state to teach older children. Some are secular and some are church sponsored. Most have long waiting lists. Write these schools before you come to Los Alamos to reserve a place for your child. A small, nonrefundable registration fee is usually charged. Write as soon as possible; registration for the fall semester may be completed by the previous spring. Individual schools will provide you with information about entrance requirements, class offerings, philosophy of teaching, schedules, and tuition.

For addresses of private schools in Los Alamos, write the Foreign Visitor Office.

Residence requirements: Students who attend public schools in Los Alamos must be residents of Los Alamos County, which includes the communities of Los Alamos and White Rock. Your children will attend schools in the district in which you reside if you live outside Los Alamos County. Nonresidents of Los Alamos County who work at Los Alamos National Laboratory and who wish to send their children to Los Alamos public schools must petition the superintendent of Los Alamos public schools.

Immunizations and health requirements: All school-age children, whether they go to public or private schools, must show proof of immunization against certain childhood diseases (listed below under "What to Bring—Important Papers"). All schools will ask for an informal description of your child's health history upon enrollment. Kindergarten students (five-year-olds) should bring records of physical and dental examinations. They and elementary school children (ages six to eleven) must give proof of their date of birth (passport, birth or baptismal certificate).

Placing your child in the correct class: For public school, you do not need to register your children in advance but may enroll them when you arrive in Los Alamos. Guidance counselors at each school will help place your children in classes appropriate to their skills. To facilitate this decision, bring a list of courses your children have completed, a brief description of their content, and an indication of each child's level of competence. High school students need to bring a description of their course work only for the equivalent of grades nine through twelve (approximately ages fourteen through seventeen). Sometimes bringing the textbooks students use at home helps counselors to place children. The more information available to the counselors, the greater the chance that students will be enrolled in the correct class initially.

In placing high school students, school counselors find it helpful if you can tell them which courses offered here will be accepted by your child's school. Before you leave home, write Los Alamos High School and request that a description of its courses be sent to you. With this catalog as a reference, you and the head of your child's school may be able to decide the classes your child should take here. The book will ordinarily be sent surface mail; allow up to six weeks for delivery.

Money transfers

Methods: There are two ways to transfer funds to Los Alamos: bring money with you, or transfer some to a bank here before you leave home. To ensure that your

funds will be immediately accessible, change them to American dollars at home. You will receive a better exchange rate and avoid delays. In addition, have your funds drawn on a bank linked to one in the United States. If your own bank does not have a commercial relationship with an American bank, find one nearby that does and make the transfer through it. Most international banks are correspondent to one of the large American banks.

Avoid having your funds, however transferred, become a "collection item." Travelers' checks or drafts presented to an American bank cannot be honored right away if they are drawn (even if in dollars) on a foreign bank that is not linked to an American bank. First the funds must be collected, or traced to their origin, and exchanged. Not only will there be a delay, perhaps of several weeks, before you can use your money, but you will be charged a fee for each step of the process.

To transfer funds ahead of time so they will be waiting for you when you arrive, write to one of the banks in Los Alamos, explain your situation, and say you wish to set up a checking account with them. A description of the way our banking system works and a list of the banks here and their addresses is found in chapter 5.

Once your account is established, you can wire funds to it (subject to any regulations your own country may have). When you wire money to a bank in Los Alamos, be specific about details so your money will be put in the right account. Give your name, the number of your account, the bank's complete address, and, for those banks that have several offices, the name of the proper branch. Include a local phone number so the bank can notify someone who knows you are coming that your funds have arrived. You can also direct the bank to "pay on proper identification"—that is, to release the funds only to yourself. It is a good idea to write the bank in advance and tell it to expect the transfer.

Transfers by wire are usually quick, but they can be expensive. Another way to transfer money is to bring funds with you and open a bank account after you arrive. Bring travelers' checks or a bank draft in dollars drawn on a bank linked to one in the United States.

If an institution from your home country pays your salary while you work at Los Alamos, request that your salary be sent to you in dollars drawn on a United States-linked bank so you will have use of the funds immediately.

Paying immediate expenses: To pay expenses until your bank account is established, bring travelers' checks in dollars. The cost-of-living insert will help you estimate how much money you will need.

Bringing money into the United States: You may bring unlimited personal funds into the United States, but for amounts over \$10,000 you must file a report with the U.S. Customs Service.

If you experience difficulties: Los Alamos is far from the large financial centers in the United States, and exchange of foreign funds, unless accomplished by the methods described above, takes time. But because we are a small town, local bankers know our community and its people and understand the difficulties visitors from other countries sometimes face in transferring funds. If you have a particular financial problem, a bank officer may be able to help you.

Credit cards

Obtain a credit card: In addition to establishing a checking account at a local bank, it is wise to obtain a credit card. Americans use credit cards for charging expenses of all kinds—major purchases and smaller items such as gasoline and meals in restaurants. Credit cards can be used to buy goods over the telephone or from catalogs. In some instances, such as paying for some (not all) airline tickets, only cash or a credit card is accepted. Further, because banks here do not guarantee payment for checks written for an amount below a certain limit, store clerks often ask to see a credit card as a credit reference for purchases made with a personal check. In large cities, you may be asked to show two credit cards.

Visa and MasterCard credit cards are popular here, and American Express cards are well known. The nearest American Express office is in Albuquerque, 100 miles (160 kilometers) away. However, American Express travelers' checks are available locally.

If you do not already have a credit card, obtain one before you leave home. Checking credit references from other countries is difficult in Los Alamos.

Billing methods: You can charge credit-card purchases made here on your home account, or you can ask to have your account transferred to this country if you wish to be billed in dollars. Charges billed to your home account will be converted to your currency at the exchange rate in effect on the date you made your purchase.

Language classes

Although many people in northern New Mexico speak Spanish because of the state's Spanish and Mexican heritage, English is the official language in Los Alamos

and at Los Alamos National Laboratory. You and your family will need a good working knowledge of English to function comfortably at work and in the community. People with no knowledge of English will feel isolated. Take classes before you leave home, if necessary. Classes offered in Los Alamos in English as a second language are described in chapter 7.

What to bring

Packing all you need for an extended stay in another country is always a challenge. The hardest part is deciding what to bring and what to leave at home. Below you will find a list of essentials and suggestions for shipping those items that will not fit in your suitcases.

Important papers

Driving record: If you are planning to buy a car, you must be insured. Bring a statement of your driving record, translated into English if possible.

Immunization records (for school-age children): Your children should be immunized against diphtheria, tetanus, pertussis (whooping cough), polio, measles, and rubella. Bring records of your children's immunizations and "booster" inoculations. (It is always helpful if they are translated into English.)

The law regarding immunization is strict and schools enforce it for all students, even those here only a few months. After your child has enrolled in school you have thirty days to comply with state immunization requirements. A school nurse will analyze your child's records and advise you if any further immunizations or booster shots are necessary.

Certain exemptions are permitted for medical or religious reasons. For further information, write to the New Mexico Health and Environment Department.

Either the county public health nurse, whose services are free, or private pediatricians will immunize children. (Medical services in Los Alamos are discussed in chapter 11.)

Other medical records: If you or members of your family have a particular or chronic medical problem, or if you received treatment in the past that may influence future treatment, bring a statement from your doctor that includes your medical history and a description of your current treatment. Have the statement translated into English if possible.

Do not forget to bring claim forms if you have medical insurance from home.

Medicines and prescriptions

Medicines and pharmaceutical drugs are regulated closely in the United States. Certain medicines or drugs available over the counter in your own country may be obtainable here only with a prescription from a licensed doctor. Check with your doctor or with the science officer at the nearest American consulate to find out if drugs you may be taking are available in the United States and if their sale is restricted.

Bringing your own medicine: You may bring a supply of your own medicine in a reasonable amount, but if the drug has not been approved by the U.S. Federal Food and Drug Administration or if it contains a narcotic, you will need a prescription from your doctor to show that it is necessary for your health.

Foreign prescriptions: If you bring a prescription from abroad to be filled here, a pharmacist can determine the American equivalent of the drug you need. However, pharmacists fill prescriptions written only by doctors licensed to practice in New Mexico. You will need to see a doctor here to obtain a new prescription.

Clothing

Chapter 16 describes more fully the kind of clothing you will need in Los Alamos. Here are a few points to consider as you decide what to pack.

Winter clothing will probably be your greatest concern, especially if you come from a warm climate. It may be most convenient to buy winter clothes here; they are sold in retail stores, mail-order catalogs, and "thrift" shops (shops that sell used clothing).

If you do come from a warm climate, you may still have some clothing suitable for our winters. Wearing several layers of lighter clothing instead of one heavy garment helps keep you warm by trapping air between each layer. See chapter 16 for further suggestions.

As you pack your suitcase, remember that washing machines and dryers, commonly available here, make it possible to wash and dry clothes in a few hours and lessen the need to bring many garments. (Clothes dry quickly outside too, even in winter, because of our dry air.)

Modern wash-and-wear fabrics, if dried in a dryer, often do not need to be ironed.

Wool clothing is wonderfully warm, but it is often bulky to pack and usually needs to be dry cleaned. (Dry cleaning costs are listed on the cost-of-living insert.)

You may be able to substitute locally available winter garments made from new fabrics that insulate very well yet are lightweight and machine washable.

Sports equipment

You can rent skiing and backpacking (camping) equipment from sporting goods stores in the area. To find out if you can pursue your favorite sport in Los Alamos, read part III, "Enjoying Los Alamos."

Books

Bring a dictionary to help translate your language into English. Travel guides written in your language for the United States or the Southwest are helpful, too. Children usually feel more at home with a few favorite, familiar books. Besides your professional books, you may also want to bring some current literature in your language. Few foreign-language books are available in either local stores or our public library.

Household goods

For a list of items usually included in a furnished house or apartment, see chapter 6. You may want to bring a favorite recipe book and some small, special cooking utensils. However, kitchen shops here and in surrounding communities usually carry specialty items from other countries. American kitchens do not normally contain scales because we measure our ingredients in cups and spoons instead of weighing them, but scales can be bought. While coffee grinders are not usually included among the furnishings of American apartment houses, many families use them and you might find one in a rented home. Both grinders and whole coffee beans are sold locally.

Household appliances

Electricity in the United States is delivered at 115 volts, 60 hertz. Bring a transformer and a plug adaptor for appliances made outside the United States. Before you leave home, have someone check the motors of any appliances you send and bring along the instruction manuals. The diagrams will help local repairmen if there is a problem.

Personal effects

You may wish to pack a few special items for celebrating your country's holidays. Small children will need some of their favorite toys. Older children might bring a scrapbook from home to share with school friends here. If you play a musical instrument that is not too difficult to transport, bring it too; you will have many opportunities to participate in musical groups.

Extra passport photos

Although most travel guides recommend bringing extra passport photos, you will have little use for them here. You will not be required to carry identity papers. Organizations that need your photograph will take it themselves.

Pets

Bring your pet if it is in good health, if you have found housing where pets are allowed, and if you can accept American laws and customs concerning pets. Los Alamos has a leash law; animals may not roam unattended. Noise ordinances restrict the barking of dogs. Pets, unless they are guide dogs for the blind, are not allowed in restaurants, in stores, or on public transportation. Some motels and many apartments and rental homes will not accept pets. Pets are restricted in national parks and monuments.

Regulations: The U.S. Public Health Service does not require entering pets to be quarantined, and customs duties are not charged for family pets such as dogs and cats. Pets must be free from disease, however, and they will be examined by a veterinarian at their port of entry.

How to ship your pet: Ship your pet in an adequate container marked on the outside with your name and address and the animal's ultimate destination. Check the working hours of animal inspectors at your port of entry and plan your arrival so that your pet's examination will not be delayed.

Vaccinations for rabies: Dogs must be vaccinated against rabies at least thirty days before importation unless they come from a rabies-free area. Include the rabies vaccination certificate with your pet. It should identify your dog, specify the date it was vaccinated and when the vaccination will expire, and be signed by a licensed veterinarian. Cats do not need to be vaccinated against rabies.

Unhealthy animals: Dogs and cats that do not appear to be in good health upon arrival or that appear to be healthy but have been exposed to diseased animals during shipment will be confined at the port of entry. Their owners are responsible for the expense of confinement and any medical examinations required.

For further information: United States consulates have lists of rabies-free countries and copies of U.S. Public Health Service and U.S. Customs regulations concerning importation of pets.

Boarding pets in Los Alamos: Veterinarians in Los Alamos, White Rock, and the surrounding area board pets. Daily fees are listed in the cost-of-living insert. Further information is included in chapter 16.

Laboratory policy

How to ship

Shipping your belongings

In many cases, the Laboratory will pay for shipping professional books, clothing, and personal effects that are needed immediately. For details, refer to the travel and reimbursement policy that has been sent to you. Check with your host if you have any questions, or with the Visitor Payment Section of the Laboratory Travel Office.

Goods can be sent by air freight, through a shipping company, or through the postal system. Surface mail is the cheapest method but can take as long as three months. Send your belongings to your Los Alamos address or in care of someone you know in Los Alamos. The Laboratory is unable to accept or store personal goods. Visitors working at the Clinton P. Anderson Meson Physics Facility should ship equipment for experiments to the facility in care of the property representative at MS H831.

United States customs regulations

A travel agent or an officer at an American consulate can give you a complete description of the items you may bring into the United States duty free, but in brief, you may import 1 quart (0.946 liter) spirits or wine; two hundred cigarettes, or fifty cigars, or 3 pounds (1.36 kilos) of tobacco, or proportionate amounts of each; gifts to the value of \$100 (alcoholic beverages and cigarettes may not be included in this gift exemption); unlimited personal funds (you must report amounts in excess of \$10,000); and a reasonable number of personal effects not intended for resale. Do not bring meats, fruits, vegetables, or plants unless you obtain special permission. Clothing made from the skins of endangered wildlife is also prohibited.

For help with your visa:

Consultant and Affiliate Services
PA-13, MS P290
Los Alamos National Laboratory
Los Alamos
New Mexico 87545
U.S.A.
(505) 667-6632

For information about vehicle emissions standards:

Investigation/Imports Section
MOD (EN-340-F)
U.S. Environmental Protection
Agency
Washington, D.C. 20460
U.S.A.
(202) 382-2504

Where to send the housing request form:

Housing Office
PA-13, MS P247
Los Alamos National Laboratory
Los Alamos
New Mexico 87545
U.S.A.
(505) 667-1726

or

LAMPF Visitor Center
MS H831
Los Alamos National Laboratory
Los Alamos
New Mexico 87545
U.S.A.
(505) 667-7396

For information about vehicle safety standards:

Director, Office of Vehicle Safety
Compliance
National Highway Traffic Safety
Administration
U.S. Department of Transportation
Washington, D.C. 20590
U.S.A.
(202) 426-1693

To write the superintendent of public schools:

Superintendent
Los Alamos Schools
P.O. Box 90
Los Alamos
New Mexico 87544
U.S.A.

Travel Office
Visitor Payment Section
MS P234
Los Alamos National Laboratory
Los Alamos
New Mexico 87545
U.S.A.
(505) 667-4138

For the catalog of high school courses:

The Principal
Los Alamos High School
3100 Diamond Drive
Los Alamos
New Mexico 87544
U.S.A.

For information about immunization requirements:

New Mexico Health and Environment Department
Office of Epidemiology
P.O. Box 968
Santa Fe
New Mexico 87504-0968
U.S.A.

(505) 827-3201

For further information about what you may import to the United States:

U.S. Customs
P.O. Box 7118
Washington, D.C. 20044
U.S.A.

For information about importing pets:

The Department of Health & Human Services
Public Health Service
Centers for Disease Control
Atlanta
Georgia 30333
U.S.A.

Foreign Visitor Office
Los Alamos National Laboratory
MS P373
Los Alamos
New Mexico 87545
U.S.A.

(505) 667-4960

For information about shipping personal goods:

Travel Office
Visitor Payment Section
MS P234
Los Alamos National Laboratory
Los Alamos
New Mexico 87545
U.S.A.

(505) 667-4138

Chapter 3: Your Arrival in Los Alamos

Finding Los Alamos

Arriving by air

Air travelers should arrange to fly to the Albuquerque International Airport. You will need to make your own arrangements for traveling the last 100 miles (160 kilometers) to Los Alamos if you are not being met at Albuquerque.

Albuquerque to Los Alamos by air: Ross Airlines operates a commuter service between Albuquerque and Los Alamos; it flies nineteen-seat Otter DeHaviland planes. Reservations are advisable. Your host at the Laboratory can make them for you, or call the Ross reservations desk. Ross makes numerous flights between Los Alamos and Albuquerque every day of the week except Saturday. Flights take thirty minutes. Ross transports official passengers (those doing work at Los Alamos National Laboratory) to Los Alamos by automobile if weather conditions prevent flying.

Albuquerque to Los Alamos by ground transportation: There is no public ground transportation between Albuquerque and Los Alamos, but there are several ways to get as far as Santa Fe, 32 miles (53 kilometers) from Los Alamos, if you can arrange to be met there (there is no public transportation between Santa Fe and Los Alamos). The Greyhound bus goes from the Albuquerque airport to the Greyhound bus station in Santa Fe several times a day. A more expensive shuttlebus service goes directly from the airport to several hotels in Santa Fe. Reservations are usually necessary. The bus ride from Albuquerque to Santa Fe takes about an hour and a half.

Another alternative is to rent a car at the airport and drive to Los Alamos. A travel agent or your host can reserve a car for you. If you do not plan to return the car to Albuquerque, ask to have your reservations made through a rental agency that has an office in Los Alamos. These companies will often waive the "drop" fee (a fee charged for not returning a car to its origin), especially if you have made reservations for the car in advance.

If you arrive in Albuquerque in the evening after a long international flight, have never been to the Laboratory, and are planning to rent a car and drive to Los Alamos, we suggest you stay overnight in Albuquerque and make the drive during daylight hours. The trip, which takes just under two hours by the most direct route, is especially fatiguing if you are coping with a left-hand-drive car for the first

time—and with driving on the right-hand side of the road—in addition to jet lag and a new environment. Many hotels and motels near the airport will send a car to pick you up. Make reservations in advance through a travel agent or through your host and the Laboratory's Travel Office. For people who do not already have a room reserved, display boards at the airport list nearby accommodations and provide direct, free telephone links to them. Dialing instructions are in English and Spanish.

Airport services: Foreign currency is exchanged at the Albuquerque International Airport at the desk where flight insurance is sold, in the center of the upstairs lobby. The desk opens at 6:30 a.m. daily and closes at 4:30 p.m. (earlier on Saturdays). Currency exchanges are made on the basis of rates obtained every other day. An information desk at the east end of the ground floor of the airport, near the baggage carousels, is staffed only part of the day. Maps and brochures are available at this desk, and a video unit displays a short program on important sites in New Mexico. The staff at the information desk does not make reservations of any kind but gives suggestions.

Motor routes to Los Alamos

Direct routes: If you are driving to Los Alamos from elsewhere in the United States, the most direct routes are Interstate 25 (I-25) from the north, or Interstate 40 (I-40) from the east or west to Albuquerque and then north along Interstate 25 to Santa Fe. The accompanying map shows details of the route to Los Alamos from Santa Fe (if you are driving from the south), or from Española (if you are coming from the north).

Scenic routes: Three routes from Colorado offer scenic introductions to northern New Mexico. Route 84 (through Chama), Route 285 (through Tres Piedras), and Route 3 (through Taos) are well-paved, two-lane roads that lead the visitor through beautiful portions of the state. Follow them to the Los Alamos turnoff at Española.

The approach from the northwest through Farmington leads through Navajo and Apache Indian country on another good two-lane road. If you are tempted to take the beautiful short cut from the town of Cuba to Los Alamos over Route 126, be alert to weather conditions in the mountains. Several miles of that road are unpaved; it can be impassable during summer rainstorms or snowy winters.

From the south (Albuquerque) the usual route to Los Alamos is I-25 through Santa Fe, but there is an alternate road, State Road 4, that leads across red-rock tablelands (and past several Indian pueblos), up narrow fertile valleys to the small village of Jemez Springs, and into the forests of the Jemez Mountains behind Los Alamos. If the weather is fine and you are not in a hurry, this route is a delightful alternative to I-25. The two-lane road is paved. Allow about two hours and twenty minutes (not counting stops to admire the scenery) for the drive.

Crossing state lines: There are no checks or inspections by the authorities at the borders of each state. State boundaries are marked only by a welcome sign. However, if you drive to New Mexico through Arizona and California, you may be stopped at an agriculture inspection station. Agents will inspect any fruit you declare and will take it from you if it appears to be diseased. The purpose of these inspections is to keep harmful insects and other pests from destroying the valuable fruit crops of California and Arizona.

When you reach Los Alamos

If possible, arrange to arrive in Los Alamos on a working day between 8:00 a.m. and 5:00 p.m., when offices are open. If you are not being met, the key to your apartment or house will be left at a prearranged place. Visitors to the Clinton P. Anderson Meson Physics Facility should go directly to its Visitor Center. Visitors to other parts of the Laboratory should notify their host by telephone when they arrive. Call from your lodgings or, during business hours, from the Reception Center in the central administrative area at the Laboratory. There you will find telephones and a helpful staff.

Your host will assist you with signing-in procedures.

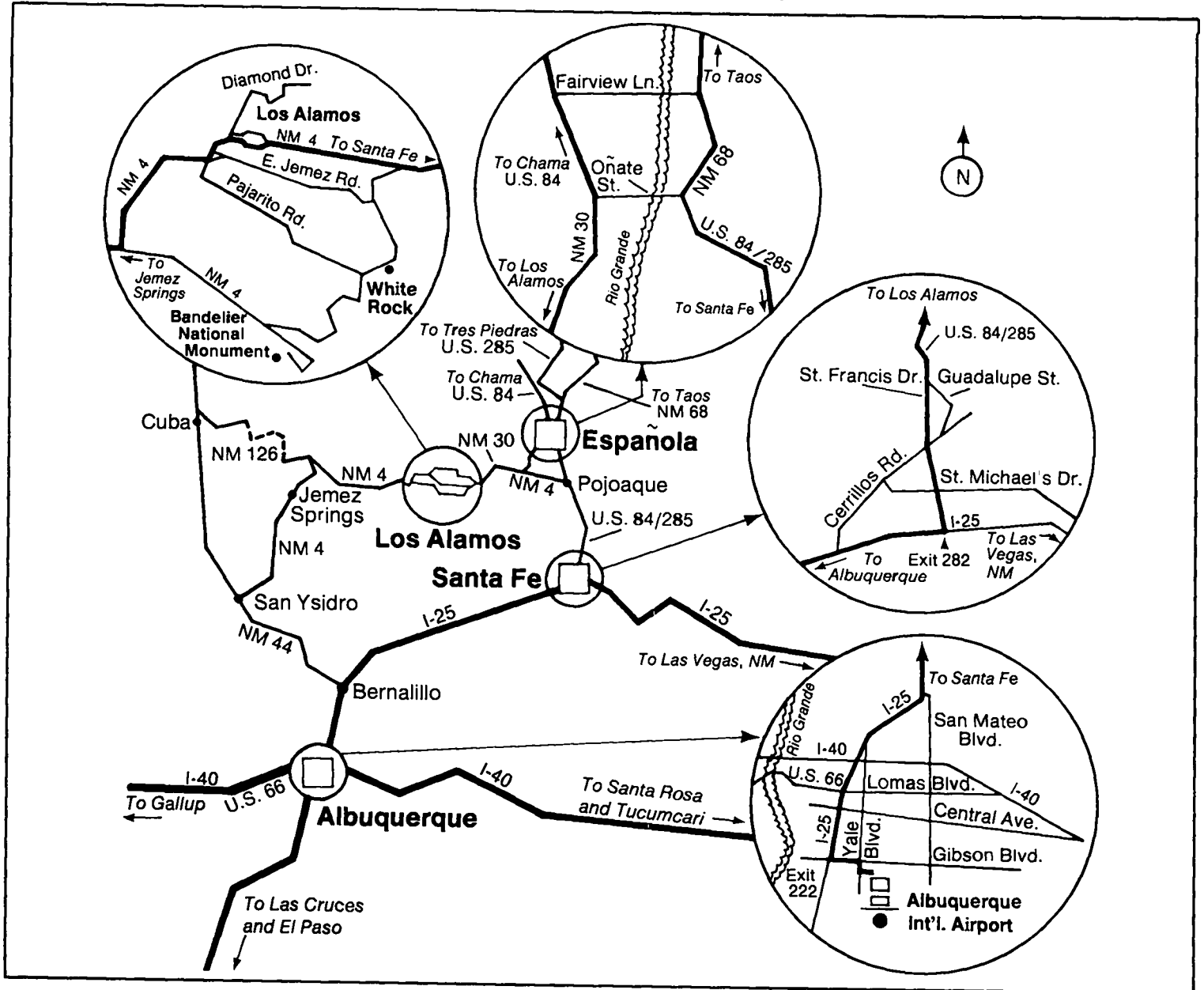
Ross Airlines
(505) 667-4521 (Los Alamos)
(505) 844-1885 (Albuquerque)

Greyhound Bus Lines (Albuquerque)
(505) 243-4435

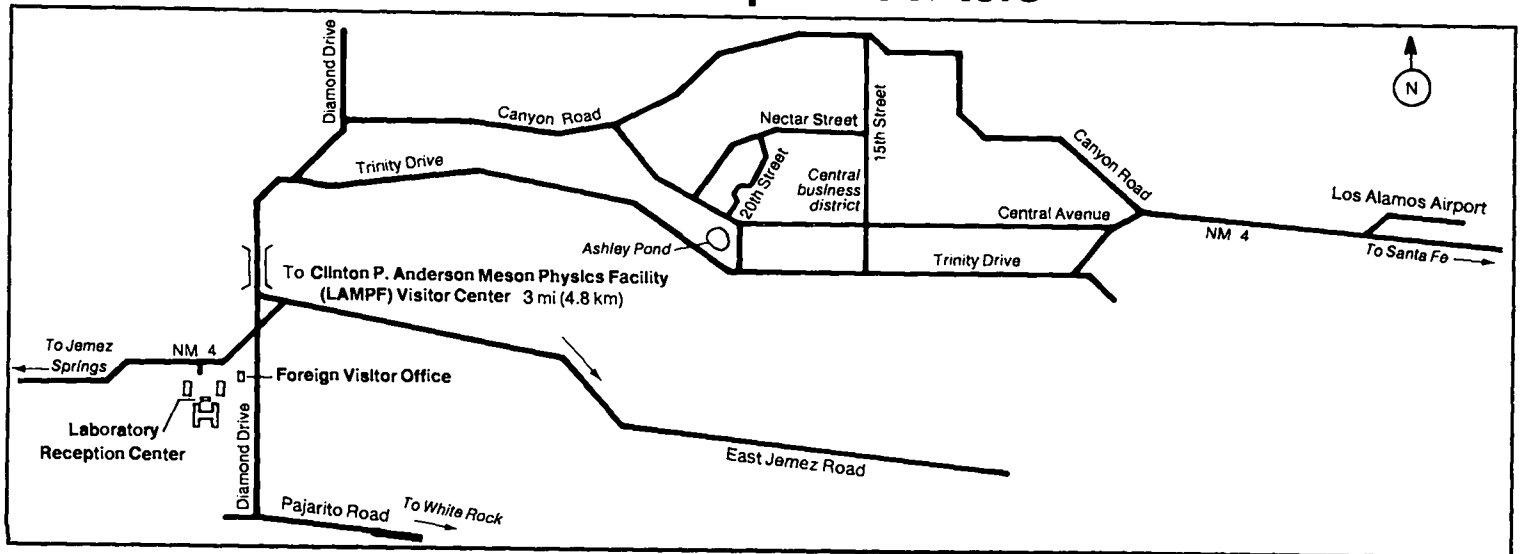
LAMPF Visitor Center
(505) 667-7396

Shuttlejack (Santa Fe)
(505) 982-4311

Routes to Los Alamos

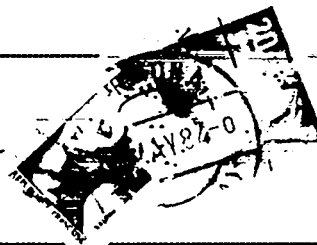
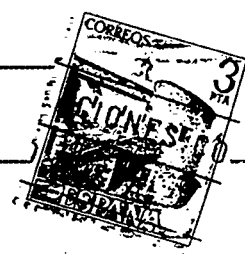
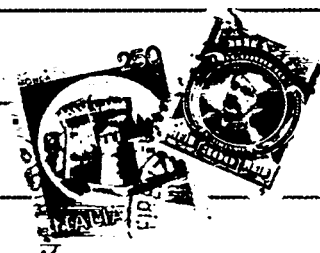
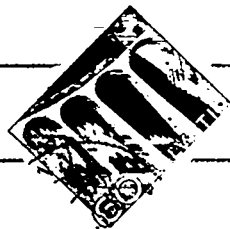


Visitor Reception Centers



Detailed maps available at the Los Alamos/White Rock Chamber of Commerce

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Technicalities

Embassy registration

Let your country's embassy know when you arrive in Los Alamos. Should a problem arise, your embassy can help you more quickly if you are already registered. The reference librarian at Mesa Public Library has a list of embassies in the United States and their addresses.

Address changes

You must inform the U.S. Immigration and Naturalization Service within ten days if you change your address. The nearest office is in Albuquerque.

Tax arrangements

Apply for your Social Security number: If you are being paid by the Laboratory, you should apply for a Social Security number, which is required for tax purposes. A representative of the Social Security Administration comes to Los Alamos once a month to register new applicants. Appointments are required (the telephone number is listed below). Appointments are held at the Los Alamos County Municipal Building and take less than fifteen minutes. Bring your passport with you.

Register to pay New Mexico gross receipts taxes: New Mexico levies gross receipts taxes for the privilege of doing business in the state. Doing business includes rendering services under certain agreements to Los Alamos National Laboratory. The Laboratory includes information from the state about gross receipts taxes with your contract. Consult a tax advisor to determine your liability for this tax and what amounts are included or exempt. If the tax applies to you, register with the New Mexico Taxation and Revenue Department as soon as possible. Depending on the amount of business you do, you will have to report your income and pay gross receipts taxes either monthly, quarterly, or semiannually. The state penalizes late payments.

Income taxes are discussed in part IV.

Business registration

If your work is subject to gross receipts taxes, consult the cashier of Los Alamos County regarding your obligation to register for a business license. The cashier's office is on the main floor of the Municipal Building.

Work permission

U.S. Immigration and Naturalization Service regulations determine whether your spouse and children are eligible for employment in the United States. Those who hold B visas (visitors for pleasure) or H-4 visas may not work. An Exchange Visitor's spouse or children may apply to the Immigration Service for permission to work after arriving in the United States. Only certain kinds of employment are permitted. For information, call or write the immigration office in Albuquerque.

Other formalities

You do not need to register with the local police department, nor are you required to carry identity papers while you live in the United States.

U. S. Immigration and Naturalization Service

500 Gold Ave. SW
Suite 5512
Albuquerque
New Mexico 87103

766-2378 (8:00 a.m. to 4:30 p.m.)
Office hours: 9:00 a.m. to 3:00 p.m.,
Monday through Friday

Social Security Office

1911 5th St.
Santa Fe
New Mexico 87501

988-6452
Office hours: 8:45 a.m. to 4:45 p.m.,
Monday through Friday
For Los Alamos appointments, call
662-8080

New Mexico Taxation and Revenue Service

Revenue District 1 Office
811 St. Michael's Dr. #203
P.O. Box 5374
Santa Fe
New Mexico 87502-5374
827-8330

Cashier

Los Alamos County Municipal Building
P.O. Box 99
Los Alamos
New Mexico 87544
662-8070

Currency

Paper bills

Our currency is based on the decimal system. The basic unit is the dollar bill (\$1.00), which equals 100 cents (¢). Bills are printed in denominations of \$1.00, \$2.00 (rarely seen), \$5.00, \$10.00, \$20.00, \$50.00, \$100.00, \$500.00, and \$1000.00. All denominations are the same color—green (hence the colloquial “greenback” for a bill)—and the same size; look at them carefully before you use them.

Coins

Coins are minted in 1¢, 5¢, 10¢, 25¢, and 50¢ denominations. Easily confused with our 25¢ piece is a silver dollar coin that rarely circulates. There are no coins for amounts over \$1.00. Numerical values are not embossed on United States coins; instead, their value is spelled out.

Our copper 1¢ coin is marked *one cent*. It is called a penny; one hundred pennies equal \$1.00.

Our silver-colored 5¢ coin, the nickel, is marked *five cents*. Twenty nickels equal \$1.00.

Our 10¢ coin, also silver colored, is smaller and lighter than the nickel. It is marked with the words *one dime*. Ten dimes equal \$1.00.

Our silver-colored 25¢ coin is marked *quarter dollar*; four of them equal \$1.00.

Our 50¢ coin is silver-colored and marked *half-dollar*. Two equal \$1.00.

Coins, not tokens, are used to operate vending machines and pay telephones. Some machines, especially those that make change, accept dollar bills.

Making payments

Money flow in the United States is through the banks, not through the post office or other institutions. Most people use cash only for small purchases. For almost everything else, we write a personal check or charge items with a credit card. We do not transfer money directly from our bank account to another's.

Personal checks

How the system works: A personal check is a draft, or demand, on a checking account that we establish at a local bank. When paying for goods or services by check, we write a draft on our account and give or mail it to the person (or business) to whom we owe money; that person deposits our check in his or her bank or cashes it. Procedures for establishing various types of bank accounts are described below.

Identification: Local business owners usually accept personal checks without hesitation if your address and phone number are printed on them. Stores in other communities commonly ask for two forms of identification, such as a driver's license and a major credit card. Occasionally you may be asked to show two credit cards.

Identification cards that guarantee payment for checks up to a specific amount are not issued by local banks.

How to write a check: A bank clerk can demonstrate how a check is written in the United States. We do not use “crossed” or “barred” checks, common in some countries, which prevent the payee from cashing them. Any check can be cashed by the person to whom it is written. The payee can deposit the check instead of cashing it by writing on the back, “For deposit only in account number _____.”

There are no restrictions on the number of checks for cash you may write during one day.

To protect yourself, do not write blank checks, checks on which the value and the name of the payee are not filled in. If you write a check you decide not to use, inscribe the word VOID across it, tear it up, and dispose of it carefully. If you alter a check, initial your changes. Notify your bank immediately if your checkbook is lost or stolen.

Bank statements: Your bank will send a statement every month listing your deposits and withdrawals. A bank clerk can show you how to compare the balance of funds recorded on your statement with the balance recorded in your checkbook. If the amounts do not agree and you believe the error is the bank's, notify it within sixty days, in writing.

Depending on the type of checking account you have, checks either will be returned to you after they have been deposited to others' accounts or you will have a carbon copy of them in your checkbook. Keep records of the checks you have written for several years.

It is possible, although inconvenient, to manage without a checking account. Deposit funds in a savings account and withdraw them as needed. To *mail money*, buy a money order at the post office or purchase a draft at a bank. Never send cash through the mail.

Credit cards

Obtaining a card: If you do not already have a credit card (see part 1), apply for one by mail or at a local bank. Investigate available plans; ask about the yearly subscription fee, the interest rate charged for any unpaid balance you accrue, and the cost (if any) for an additional card for your spouse or children. Find out to what extent you are liable for unauthorized charges.

If you lose your credit card: If your card is lost or stolen or if an unauthorized person obtains your credit card number, call the company immediately.

Obtaining cash

If your bank has automated teller machines, you can withdraw funds from your account any time of night or day. Drive-up bank windows have longer hours than regular bank offices. In addition, some stores, such as the larger grocery stores, accept checks (with proper identification) for more than the cost of your purchase and return the difference in cash.

Our banking system

Financial Institutions

Banks and credit unions: United States banks are regulated by the government but are operated and managed by private owners. A similar financial institution, the credit union, is owned jointly by each person who has a share, or account, in it. Banks and some credit unions offer checking and savings accounts and a variety of other financial services.

Other financial institutions: Other financial institutions, such as savings and loan associations, offer particular and limited banking services.

Choosing a bank

Before you choose a financial institution, compare services and interest rates. They will vary because competition for your money is keen. Services and interest rates change too quickly to be reported in this handbook. To determine which bank you prefer, visit several and compare and ask your host or colleagues for recommendations.

Questions to ask: Is the bank locally owned and operated, or is it part of a larger network? Home-owned banks may be more sensitive to residents' needs; larger banks may have greater resources and branches in other cities.

Banks offer more than one kind of checking account. Some earn interest just as savings accounts do. Ask if the bank charges a fee for each check you write and how you can avoid such charges. What is the bank's policy if you overdraw your account?

What kinds of savings plans does the bank offer? A variety of savings certificates and traditional savings accounts pay interest on the money you deposit. Maturities range from a few months to several years; interest rates may be fixed or variable.

What is the bank's policy if you need a loan? What interest rate does it charge?

What are the bank's hours? Is it open on Saturdays, or early in the morning? Does it have drive-up windows (from which you can make transactions without leaving your car)? Does it have offices in both Los Alamos and White Rock? Can you do your banking twenty-four hours a day from an automated teller machine or over the phone? If the bank issues cards for making transactions at automated teller machines, can you use your card at similar machines in other cities?

Does the bank charge for travelers' checks? What kind of travelers' checks does it carry? Does it issue travelers' checks in currencies other than dollars? Can it write drafts on corresponding banks in other currencies (useful when you are ready to take your money back home)? Can it obtain cash in other currencies for you? How long does that take? Does the bank issue nationally recognized credit cards? To what extent is your deposit insured by the federal government?

Exchange rates

Call your bank for current rates, or check the national newspapers at Mesa Public Library. The *Wall Street Journal* lists daily exchange rates.

Los Alamos financial institutions offering a full range of banking services:

Bank of Los Alamos
974 17th St.
Los Alamos
New Mexico 87544
U.S.A.

Phone: (505) 662-3310

Banquest/First National Bank of Santa Fe

Los Alamos Office
Trinity Drive at 20th St.
Los Alamos
New Mexico 87544
U.S.A.

Phone: (505) 662-4155

Los Alamos Credit Union
1911 Central Ave.
Los Alamos
New Mexico 87544
U.S.A.

Phone: (505) 662-4261

Los Alamos National Bank
1615 Central Ave.
Los Alamos
New Mexico 87544
U.S.A.

Phone: (505) 662-5171

Chapter 6: Housing

The first part of this section describes how to find housing in Los Alamos and how to interpret a rental contract. The second gives suggestions for managing a household, American style, and tells where to find help for household emergencies.

Finding housing

Rental housing is scarce in Los Alamos. If housing is not waiting when you arrive, the Laboratory will reserve a motel room for you. While the Housing Office will continue to search for suitable lodgings for you, you should also look on your own.

How to search

Talk to real estate agents and apartment managers, check *Houses for Rent* and *Apartments for Rent* in the classified section of the local newspaper, and tell colleagues of your needs. The Los Alamos/White Rock Chamber of Commerce prints a list of realtors and apartment managers in Los Alamos and White Rock; the yellow pages of the telephone directory (hereafter referred to simply as the yellow pages) list them under *Real Estate* and *Apartments*. (For an explanation of how to use the telephone directory, see chapter 14.)

A local business, Buffalo Tours, serves newcomers and house hunters by giving two-hour tours through every housing area in the county. The trip combines a housing review with an introduction and orientation to Los Alamos.

Housing areas

The map of Los Alamos and White Rock shows the housing areas in Los Alamos and White Rock by their colloquial names.

Occasionally one must look for housing farther afield, in the Española Valley or in Santa Fe. The valley, mostly rural, is warmer than Los Alamos in the summer and milder in winter; Santa Fe, whose climate and altitude are similar to those of Los Alamos, offers cosmopolitan surroundings.

For those who live outside Los Alamos, a commuter bus service runs between Santa Fe and Los Alamos, and there are car pools between Santa Fe, the Española area, and the Laboratory (see chapter 8).

Interpreting advertisements

Advertisements describe homes and apartments by the number of bedrooms and bathrooms or, less commonly, by area in square feet. The phrase "one-and-a-half bathrooms" means a house or apartment has one full bathroom (sink, toilet, bathtub, and shower) and a half bathroom (sink and toilet only). In American homes, toilets are not placed in separate closets. A utility room houses a washing machine and dryer; sometimes it also contains a sink. A family room is an area used for informal entertaining. An efficiency or studio apartment is one room with limited kitchen space and a small bathroom.

Furnishings

Unfurnished units usually include carpets, drapes, and large kitchen appliances such as a stove, refrigerator, and sometimes a dishwasher. Furnished units usually include basic furniture; a small assortment of silverware, dishes, and cooking utensils; and pillows and blankets but no linens (a furnished home will have linens).

American mattresses come in four sizes: twin (single bed), full (double bed), queen size, and king size. To make a bed, we tuck a sheet over the mattress (often over a mattress pad that protects the mattress). Some bottom sheets have fitted corners to keep them from becoming untucked. A second sheet and blankets go on top of the first sheet; we sleep between the two sheets. Pillowcases keep pillows clean. One electric blanket often replaces several ordinary blankets.

Bedlinens in the following sizes fit American mattresses:

Sheets:	twin flat	66 x 96 in	(168 x 244 cm)
	twin fitted	39 x 75 in	(99 x 191 cm)
	full flat	81 x 96 in	(206 x 244 cm)
	full fitted	54 x 75 in	(137 x 191 cm)
	queen flat	90 x 102 in	(229 x 259 cm)
	queen fitted	60 x 80 in	(152 x 203 cm)

	king flat	108 x 102 in	(274 x 259 cm)
	king fitted	78 x 80 in	(198 x 203 cm)
Pillowcases:	standard	20 x 30 in	(51 x 76 cm)
	queen	20 x 34 in	(51 x 86 cm)
	king	20 x 40 in	(51 x 102 cm)

Rental agreements

Be sure you understand the terms of the rental agreement you sign. It should specify the following matters.

Form of contract: What kind of agreement are you signing? If it is a lease, you may be bound to its terms for one year. Short-term agreements can be made for monthly or even daily rentals. In legal documents the owner of a home or apartment is called the landlord; the renter is called the tenant.

Rent: How much must you pay, and when are payments due? Will the amount be prorated (divided proportionately) if you stay less than thirty days your first or last month? What will your initial payment be? (You will be expected to pay in advance a cleaning and security deposit plus the first month's rent, or both first and last month's rent.) Are utilities (gas, electricity, water, refuse removal, sewage services) included in the rent? If you are to pay for utilities, ask what recent average monthly costs have been.

Cleaning/security deposit: Landlords usually collect from new tenants a deposit that pays for damages or cleaning if the tenants do not leave the premises in the state they found them. The cleaning/security deposit may be as much as one month's rent. Find out under what conditions it is refundable. Ask whether you have the right to receive photocopies of repair bills that are deducted from your cleaning deposit.

Repairs and alterations: Learn who is responsible for making repairs and who pays for them. Are you permitted to make alterations?

Regulations: Are pets and children allowed? Is quiet enforced after a certain time in the evening? How many parking spaces are you entitled to? May you sublet to another person if you leave for an extended time? Are you required to notify the landlord in writing before terminating the rental agreement?

Inventory: Apartment managers will supply an inventory of items in your unit. Usually you have a week or two to initial and return it, signifying that all items are present and in good condition.

Credit ratings

Most landlords will ask for information about your salary, your employer, and personal references. Explain that you are a newly arrived international visitor working at Los Alamos National Laboratory; give the name of your bank at home and list any credit cards you have.

Deposits

Landlords often require a deposit to reserve a unit temporarily while you continue to search for other alternatives. Obtain a written receipt for it. Often the deposit, which may equal a month's rent, is not refundable; always ask!

Renting a home

Renting a home rather than an apartment usually entails maintaining the house and yard. A real estate agent representing the homeowner may take care of repairs, but if you negotiate a rental contract directly with a homeowner (who may subsequently leave the area), you are likely to be responsible for repairs yourself and may have to write or call the owner when problems arise. Establish in writing who will pay for repairs, and understand what maintenance the homeowner considers normal. If the homeowner expects you to water the garden, decide who will pay the water bill. Water is metered here; keeping a lawn in this arid climate is expensive. Homeowners are often willing to pay for water to ensure that their gardens will be kept green.

Damages

Before you move into your rented house or apartment, inspect it carefully with your landlord. Look for broken windows or appliances, faulty plumbing, and stains on furniture, floor, or walls. Make a written list of what you find and give a photocopy of it to the landlord to protect yourself from being held responsible for damage done by previous tenants.

Local practices

Procedures for renting a house or apartment vary in different places. In Los Alamos, real estate agents who locate a rental house for you do not charge a finder's fee. Supplements are not added to your rent to cover services and upkeep. There is no registration tax for signing a lease, nor is a tax levied on the occupants of an unfurnished apartment. You are not required to pay a previous tenant for improvements he or she made to your lodgings. Tipping the manager of your apartment building is not customary.

Insurance

The owner of rental property does not carry insurance on tenants' personal

property. Insurance agencies sell renter's policies that will protect your belongings; look in the yellow pages under *Insurance*.

Managing a household

This section outlines basic information for running your household smoothly and coping with household emergencies. It offers suggestions for care of your house or apartment when you are out of town and describes "good neighbor" customs.

Utilities

Initiating utilities services: The County of Los Alamos provides gas, water, electricity, refuse pickup, and sewage disposal services to Los Alamos and White Rock. Notify the county by telephone when you want services to begin or go to the cashier's desk on the main floor of the county Municipal Building. Allow twenty-four hours for the county to establish an account in your name and read the meters.

New tenants must pay a refundable deposit, which will be subtracted from your last bill (see the cost-of-living insert for an estimate of the amount). The deposit can be waived if a county resident who has been paying utilities bills for at least one year will guarantee to pay your bills if you fail to; both of you must come to the county building to sign the document. Or, you may present a letter of credit from your previous utility company if it is American.

Garbage collection: Refuse is collected twice a week; the county or your landlord will tell you when the garbage truck comes to your neighborhood. If you are renting a home, put your refuse into the plastic sacks provided by the county and pile the sacks on the curb in front of your house by 8:00 a.m. on collection days. There is no limit to the number of sacks you may leave, but each should not weigh more than 70 pounds (32 kilos). Bundle garden trimmings or other refuse that is difficult to bag.

Take heavy trash, tree limbs, or bulky items to the county's sanitary landfill site on the south side of East Jemez Road approximately ¼ mile (.40 kilometer) east of Diamond Drive. White Rock residents may deposit oversize refuse in the dumpsters near Overlook Park. During spring clean-up week the county makes, for no additional charge, extra stops in every neighborhood.

Telephone service

Initiating service: In Los Alamos County, telephone service can be initiated in as little as two business days. Call the business office of the telephone company, Mountain Bell. New customers must pay a substantial refundable deposit unless they have established credit with another telephone company in the United States or can find a cosigner who will guarantee payment of bills. A cosigner must have established credit with Mountain Bell for at least two years.

Obtaining a telephone: You can either lease or buy telephones; they are available from vendors listed under *Telephone* in the yellow pages or from stores or catalogs.

Service charges: To activate service, the telephone company charges a one-time connection fee that will appear on your first bill. There will be no other charges unless jacks for linking your telephone to the wiring system must be installed.

Long-distance service: Mountain Bell offers statewide telephone service. For long-distance calls outside New Mexico, you must contract with another company. Mountain Bell will advise you of your choices.

Doing business with the telephone company: Mountain Bell has no field office in Los Alamos and only a payment counter in Santa Fe, so you must conduct most telephone business over the telephone. The front pages of the telephone directory describe the services the telephone company offers and explain what information the company requires when you place orders. Service representatives at the business office can answer questions and explain charges and procedures.

If telephone service is already installed: If you move into a home that already has telephone service, either agree with the homeowner to pay your portion of the telephone bill while you are renting the house or have the telephone's listing officially shifted to your name. If the telephone is shifted to you, you will receive the bills directly and your name, not the homeowner's, will be listed in the telephone directory with that telephone number. There is a small charge for changing a telephone listing.

Using the telephone: Use of the telephone and American customs about calling are discussed in chapter 14. Procedures for terminating your telephone service are given in part IV, "Leaving Los Alamos."

Finding furniture

Furniture stores: Furniture can be bought new or used and can be rented or

Household maintenance

leased. Both Los Alamos and Santa Fe have stores that rent or sell used furniture. Look in the yellow pages under *Furniture Renting & Leasing*, *Furniture—Used*, and *Second Hand Stores*. To rent major appliances, including television sets, look in the yellow pages under *Appliances—Household—Major—Renting & Leasing* and under *Rental Service Stores & Yards*.

Thrift shops: Casa Mesita Thrift Shop, in the south end of the Performing Arts Center on Nectar Street, sells used furniture, household appliances, dishes, and cooking utensils (and clothing). It is open Wednesdays and Saturdays only, from 10:00 a.m. to 1:00 p.m. Local churches sometimes sell clothing and small household appliances; watch for advertisements. Goodwill Industries and the Salvation Army, both in Santa Fe, have large supplies of used items.

Garage sales: Garage sales and yard sales are other sources of used furniture and household appliances (plus clothes and toys). These sales last only a day or two and are held at private homes. For announcements of garage sales, look in the classified section of the local newspaper under *Merchandise—Garage Sales*. Furniture is also advertised under *Merchandise for Sale*.

Flea markets and rummage sales: Santa Fe has several open-air flea markets, held weekends in good weather, where almost anything is sold. In addition, donated goods are sold locally by various organizations trying to raise funds. Watch for announcements of "rummage sales."

Sources of advice: The professional staff at the Los Alamos County Cooperative Extension Service will answer, without charge, any questions you have about household maintenance, cooking at high altitude, and garden problems. Call or visit them for help and advice; you are welcome to drop in without appointment during office hours.

Utilities emergencies: Call the county Utilities Department if you have a problem with electricity, gas, water, or the sewer. The staff will tell you whether the problem is your responsibility or the county's. If you are renting a home, learn where the fuse boxes and the outside shut-off valves to the water and gas supply are. Power outages are uncommon, but keep a flashlight and candles handy.

The county will check your house, free of charge, for leaking gas. If you smell gas, call immediately.

Repair of household appliances: If you are responsible for repairing household appliances, look for help in the yellow pages under *Appliances—Household—Service & Repair*. People who do minor repair and maintenance of many types ("odd jobs") are listed in the newspaper under *Services & Repairs*.

Fireplaces: The law does not require that chimneys be cleaned once a year, but they should be inspected if you use a wood-burning stove or fireplace regularly. Chimney cleaners or chimney "sweeps" are listed under *Chimney Cleaning* in the yellow pages. Buy fuelwood (look under *Merchandise for Sale* in the newspaper) or collect fallen wood (for personal use only) from nearby national forest land. Obtain a permit beforehand from the Forest Service.

Fuelwood, or firewood, is sold either by the cord, which measures 8' x 4' x 4', equal to 128 cubic feet (equivalent to a bundle approximately 2.4 m x 1.2 m x 1.2 m or 3.6 cubic meters) or by the truckload. Truckload sizes and costs vary.

Yard and garden work: Garden maintenance is mostly summer work because the growing season in Los Alamos is short (about 140 days, from late May until early October).

Winter care of a house: Ask how to protect the house you rent from cold and snow. You may need to disconnect hoses from outside faucets or put up storm windows. Shake the branches of trees and bushes if they become heavily weighted with wet snow. A humidifier will add moisture to the air and keep furniture from drying out.

Finding help: Your landlord, a neighbor, or a colleague can describe the routine maintenance expected for a house or apartment and show you the cleaning products commonly used. For household help, hire the services of a cleaning company, a cleaning woman, or students. Look in the classified section of the newspaper under *Services and Repairs* for cleaning companies or in the yellow pages under *House Cleaning*, *Janitor Service*, or *Window Cleaning*. Local cleaning women usually do not advertise; ask a neighbor or colleague for a recommendation.

Call the Youth Employment Service, YES, to hire a teenager. YES will give you the names and telephone numbers of students eager to do the type of work you request. YES does not set wages; employer and student agree on the value of the work performed. To determine a fair price, ask your neighbors for the "going rate" or use

the state minimum hourly wage as a guideline. Call the State Employment Security Commission to learn the current minimum wage.

Neighborhood children are a good source of help for garden chores. Professional gardeners are rare in this area but sometimes advertise in the newspaper. For heavy work, call the Youth Employment Service or look in the newspaper under *Services & Repairs*. To rent garden equipment and tools, look in the yellow pages under *Rental Service Stores & Yards*.

Students listed with the Youth Employment Service will also babysit, shovel snow, and do other jobs.

Some large grocery stores and stores that rent tools and equipment (rental service stores) rent commercial-grade carpet and upholstery cleaners.

Employment regulations: You may be required to report the wages you pay for household or garden help and to contribute (through a tax on wages paid) to the Social Security Administration. For instance, you must report to the New Mexico Employment Security Department if you hire domestic help at least one day a week for twenty weeks in one calendar year, even if the weeks are not consecutive. For more information, call the Employment Security Department in Santa Fe. A field representative visits Los Alamos once a week; call first to make an appointment.

Resource conservation

During the summer you can reduce your gas bill substantially if you turn off the pilot light on gas furnaces. Call the county Utilities Department for advice. Most homes and apartments have conventional water-heating systems that supply hot water twenty-four hours a day. Although you cannot limit the hours that hot water is available, you can often lower the water temperature.

When you are away

Neighborhood children, for a small fee, will care for your pets, bring in your mail and newspapers, and water and mow your lawn while you are traveling. Or, you can board pets with a local veterinarian, suspend newspaper delivery temporarily, and ask the post office to hold mail until you return. Upon request, a policeman will drive by your house daily and check the doors and windows. Some people hire a housesitter to live in their home and take care of it while they are gone. Ask neighbors about the best precautions to take when you must leave your house empty.

Good neighbor policies

Noise and roaming pets cause friction between neighbors. Local ordinances require that we leash or fence our pets and keep noise levels below a certain threshold. Quiet should be observed after 10:00 p.m. If you plan a large, noisy party, it is considerate to invite your neighbors.

Door-to-door soliciting

Door-to-door sale of merchandise, except by charitable, nonprofit organizations, is prohibited in Los Alamos. If you are bothered by a salesperson, call the police department on the nonemergency number.

Los Alamos/White Rock Chamber of Commerce
Fuller Lodge
662-8105

To collect firewood (information and permits):
U. S. Forest Service
528 35th St.
(Department of Energy Building)
667-5120

Los Alamos County Cooperative Extension Service
475 20th St.
(East side of Los Alamos Community Building)
662-2656
Office hours: 8:00 a.m. to 4:30 p.m.,
Monday through Friday

To initiate utilities services:
Los Alamos County Utilities Department
662-8070

Utilities emergencies
During working hours: 662-8130
After hours: 662-8222 (Police Department)

To initiate telephone service:
Mountain Bell
988-9421

Youth Employment Service (YES)
662-5873

State Employment Security Commission
827-7434

Police Department
662-8222

Casa Mesita Thrift Shop
Performing Arts Center
Nectar St.
662-7235

Buffalo Tours
662-3965

This chapter describes the school system in Los Alamos from kindergarten to the university level and includes information about general-interest classes for adults and courses in English as a second language. For details about enrollment policies and procedures, refer to part I.

The American school system

The American school system consists of several levels of education. *Preschools* offer classes for children from two to five years of age. *Elementary schools* teach beginning subjects to children from five to eleven or twelve years of age. *Secondary schools* teach more advanced subjects to children from eleven or twelve to seventeen or eighteen years of age. *Colleges, universities, and vocational schools* provide education for those who have completed secondary school.

New Mexico state law

New Mexico state law requires that all children attend school from age six to age sixteen. Normally, children attend school until they are seventeen or eighteen.

Education in Los Alamos

Los Alamos public schools provide free education for children from age five to eighteen. (Five-year-olds are eligible for kindergarten, which is not mandatory.) Preschool-age children may enroll in private schools. Some private schools also offer classes from kindergarten to twelfth grade. A branch of the University of New Mexico at Los Alamos offers academic courses and community or adult education classes, including English as a second language.

All children, whether they intend to work after graduation from high school or continue their education at a college, university, or vocational school, receive the same basic instruction. They do not take examinations at age eleven or twelve to determine the educational path they will follow.

Terminology: At the elementary and secondary school levels, each year of schooling is termed a grade. Elementary school consists of seven years of education: kindergarten through grade six. Secondary schools include grades seven through twelve. Colleges and universities normally consist of four years of education—freshman, sophomore, junior, and senior—plus graduate courses.

Preschools are often called nursery schools or playschools, and elementary schools are known as grammar or grade schools.

Sequence: Parents, not the state, determine whether their children go to preschool. After preschool, a child goes to elementary or grammar school (starting at age five with kindergarten if parents choose). Public school children in Los Alamos begin secondary school at the Los Alamos Middle School (grades seven and eight) and complete their last four years at Los Alamos High School (grades nine through twelve, which are termed the freshman, sophomore, junior, and senior years respectively).

High school students do not take mandatory national examinations to establish their proficiency. They are eligible for graduation from high school if they successfully complete the required curriculum. Many colleges and universities require prospective students to take nationally administered standardized achievement tests.

Public schools: Taxes pay for public schools, and school policies are determined by boards of citizens elected from the community. School board meetings, advertised in the news media, are open to the public. All public schools are nonreligious. Day-to-day administration of each school is the responsibility of the school principal.

Private schools: Tuition paid by parents supports private schools. The administration of each private school differs. Call or visit these schools for more information about their policies and procedures and the programs they offer.

Los Alamos public schools

Refer to part I for information about necessary documents and immunizations. You may visit schools, observe classes, and talk to teachers before you enroll your

The school system

Examinations

Financing

Enrollment procedures

child. Public school elementary-age children attend the grade school nearest their homes. Older children from White Rock and Los Alamos attend the middle school and high school, both of which are in Los Alamos. The school system provides bus transportation for students who live more than 2 miles (3.2 kilometers) from school.

The school calendar

All public schools in Los Alamos follow the same schedule of class days and holidays. Schools are in session 180 days of the year, pausing for a three-month vacation during the summer, for two weeks at Christmas, and for a week in March. A school calendar is included with this handbook.

School costs and fees

Public schools do not charge for tuition or books, but students at the secondary level must provide their own notebooks and writing materials. On the first day of school, elementary-age children are given a list of supplies required, such as pencils, crayons, and blunt scissors. Plan a shopping trip after school that first day. Students buy athletic uniforms for some sports and normally, except at the elementary school level, provide their own musical instruments (music stores rent instruments and the schools have some to loan). Some computer and laboratory classes charge nominal fees.

The school day

Public schools are in session Monday through Friday; no classes are held on Saturdays or Sundays. Preschoolers attend school at their parents' discretion, from half days several times a week to full days every day of the week. Kindergarten classes meet for half a day (two-and-a-half to three hours) five days a week. Elementary and secondary school children attend classes from six to seven hours a day starting just after 8:00 a.m. Lunch periods are at least thirty minutes long. Hot meals are served at the middle school and the high school for a minimal charge; elementary-school children walk home for lunch or bring food to eat in supervised lunchrooms. Activities, sports, and rehearsals take place before and after school.

Counseling

At each public school, trained counselors are prepared to offer guidance services to pupils and parents. Call on them if you want to discuss the courses your children should take, the level at which children should be placed, their adjustment to our school system, or any personal problems. To make an appointment with a counselor, call the appropriate school. For further information, call Los Alamos Schools.

English classes

Guidance counselors at the public schools arrange tutoring for students who need help in English.

Special education classes

From kindergarten through high school, the Los Alamos Schools' special education program serves children who have trouble communicating or disorders that prevent them from learning, who have behavior problems, or who are mentally handicapped. Special services are also offered to physically impaired or chronically ill children and to those whose hearing or sight is limited. The program includes instruction to help exceptionally gifted children. If your child would benefit from one of these programs, speak with the school counselor or call the coordinator of Pupil Personnel Services. Private and community services for children with special needs are listed below in chapter 12.

Children in the special education program are also eligible for speech and language therapy, physical therapy, occupational therapy, psychological and audiological services, mobility training, and interpreter services.

Health services

Each public school employs a nurse who works under the guidance of the school physician. School nurses assess students who are ill; coordinate school health programs with state and local health services; teach health education classes; screen students for problems of vision, hearing, and scoliosis (abnormal curvature of the spine); develop safety programs; and work with all concerned to prevent health problems.

School health policies

Enrollment: Immunization requirements for all children enrolled in Los Alamos schools, public and private, are listed in part I. The public schools ask parents to complete a health history and a medical permission form for each child upon enrollment. Medical permission forms, which list telephone numbers of parents or alternatives, are kept on file at school in case of emergency. Inform the schools if your child's health changes during the year or if the names of the people to call for emergencies change.

Medications: If your child needs to take medicine at school, tell the school nurse or principal. Your child should carry just enough medicine for one day. The nurse will help children who need assistance and will store medication at school for emergency use, if necessary. The schools administer no medication without

signed permission from a student's parents and a physician.

Medical emergencies: You (or your designated alternate) will be notified if your child becomes ill or is injured at school. It is your responsibility to obtain medical care for your child, but the school will assist you. In an emergency, if you cannot be reached, your child will be taken to Los Alamos Medical Center by ambulance. To help the school develop safety programs, notify the school nurse of any injuries your child receives at school or during school-related activities.

Communicable diseases: Children with communicable diseases must stay at home. The state health department will not permit children to attend school if they have conjunctivitis (pink eye) (during the first twenty-four hours of treatment), septic sore throat ("strep" throat), chicken pox, hepatitis, scarlet fever, measles, rubella (German measles), mumps, or impetigo. Children with fevers should be kept at home; the school recommends that temperatures should be normal for twenty-four hours before students return to class.

Returning children may be excused from physical education or recess for three days with a note from a parent. After that, a written excuse from a physician is required.

Insurance: If your family health insurance policy does not cover school-related injuries and illnesses or you wish additional coverage, the schools can give you information about group health insurance for students.

Athletics: Students in middle school or high school who participate in inter-scholastic athletics must have a medical examination by a physician before participating in sports. Examinations must be on or after May 1 of the year preceding any preseason practice.

School programs

Sports programs: Physical education is taught in all public schools. Qualified boys and girls in secondary school can participate on varsity athletic teams, but at present there are no intramural team sports open to players of all abilities. However, the YMCA and the county Recreation Department organize teams at all levels; see part III.

Music programs: Singing is taught to all elementary children; band and string instrument classes are offered to the upper grades. Middle school and high school students may participate in choir, band, or orchestra (for information about private music lessons, see part III).

Other programs: Elementary and secondary schools offer art classes. Vocational programs in office education, building trades, and marketing are offered at the high school level. Summer school classes are held for all age levels for credit, for remedial work, and for special interests.

School policies

Absences: Children may be excused from school for medical reasons and for school-approved activities. Call the school as soon as it opens if you keep your child home or if he or she must leave school during the day for a medical appointment or school activity. For nonmedical absences, such as family trips, inform the school in writing of your plans.

The school code: School policies and acceptable dress and behavior for secondary school students are discussed in the codebook distributed at registration. Los Alamos High School has an open-campus policy; students may leave between classes.

Public school students are not required to wear uniforms.

Visiting the schools: Parents are welcome to observe classes, but visitors should first stop at the school office. All schools hold an open house for parents annually and schedule regular conferences between parents and teachers. You may make an appointment to speak with a child's teacher at any time. The schools encourage families from abroad to share their culture with American students.

Snow days: On days when road conditions are hazardous, listen to radio station KRSN (AM 1490; FM 98.5) to learn whether schools are closed or are starting later than usual.

Private schools

Preschools, private schools, and parochial (parish) schools are listed in the yellow pages under *Schools*. Call for information.

Vocational schools

Vocational schools provide career training in various trades for students sixteen and older. Los Alamos has no vocational school, but the Los Alamos branch of the University of New Mexico offers two-year degree programs for specialized

technicians. The yellow pages list vocational schools in the region under *Schools—Industrial & Technical & Trade*. For more information, call the New Mexico Department of Education in Santa Fe.

Colleges and universities in the region

Undergraduate level

In Los Alamos: The Los Alamos branch of the University of New Mexico (UNM) offers freshman and sophomore courses for full UNM credit; associate (two-year) degrees in pre-engineering, computer science, business administration, and liberal arts; one- and two-year technical programs emphasizing skills in demand at Los Alamos National Laboratory; and noncredit continuing (adult) education classes for members of the community. The campus is west of Diamond Drive across from Los Alamos High School.

Beyond Los Alamos: Two accredited colleges, St. John's College and the College of Santa Fe, offer four-year degrees, as does the main campus of the University of New Mexico in Albuquerque. Northern New Mexico Community College in Española and Santa Fe Community College both offer two years of academic and vocational classes.

Graduate level

In Los Alamos: Upper-division (junior and senior) and graduate courses are offered by the Center for Graduate Studies at the Los Alamos branch of the University of New Mexico. The courses are designed to provide advanced technical training to Los Alamos National Laboratory employees but are open to the public. Masters' degrees are awarded in business administration, engineering, mathematics, medical science, physics, chemistry, and the physical sciences.

Beyond Los Alamos: St. John's College and the College of Santa Fe offer masters' degrees in a few fields, as does the Graduate Center of UNM on the College of Santa Fe campus. The University of New Mexico at Albuquerque grants both masters' and doctoral degrees in many subjects.

Colleges and universities elsewhere in New Mexico

For information about other colleges and universities in New Mexico, call or write the New Mexico Board of Educational Finance. Upon request, it will send you directories of public and private schools of higher education in the state. The Armand Hammer United World College near Las Vegas, New Mexico, which specializes in international relations, may be of particular interest to visitors from other countries. One of six United World colleges established in North America, Great Britain, Africa, Southeast Asia, and the Adriatic, it enrolls two hundred young men and women ages sixteen to nineteen who come from over sixty nations. Graduates are awarded the International Baccalaureate.

Adult or continuing education

College classes

Classes offered by UNM-LA: The University of New Mexico, Los Alamos branch, offers a variety of noncredit courses, workshops, and presentations annually through its Continuing Education and Community Service section. Call the university for information about current offerings. Brochures and lists of courses are available there and at Mesa Public Library. Anyone who has a high school diploma or its equivalent may enroll in undergraduate courses at UNM-LA in nondegree status.

Classes in Santa Fe: Inquire at individual Santa Fe colleges for a description of their adult education classes.

Classes in English as a second language: Call schools that offer continuing education classes for information about courses in English for nonnative speakers. If a class is not currently offered, the school may be able to give you a list of private tutors.

Other classes

Nonacademic classes for adults are offered by Los Alamos County Parks and Recreation Department, the YMCA, and individuals. Part III gives more information.

Los Alamos Schools
662-4141

Vocational Education Office
New Mexico Department of Education
Education Building
Santa Fe
New Mexico 87501
827-6646

New Mexico Board of Educational
Finance
1068 Cerrillos Rd.
Santa Fe
New Mexico 87501
827-8300

University of New Mexico-Los Alamos
4000 University Dr.
Los Alamos
New Mexico 87544
662-5919

College of Santa Fe
St. Michael's Dr.
Santa Fe
New Mexico 87501
(505) 473-6011

St. John's College
Camino De Cruz Blanca
Santa Fe
New Mexico 87501
982-3691

Santa Fe Community College
Joe Valdez Industrial Park
Santa Fe
New Mexico 87501
471-8200

Northern New Mexico Community
College
Española
New Mexico 87532
753-7141

University of New Mexico Graduate
Center, Santa Fe
College of Santa Fe
St. Michael's Drive
Santa Fe
New Mexico 87501
827-8917

The Armand Hammer United World
College of the American West
P.O. Box 248
Montezuma
New Mexico 87731
454-1461
Telex: 660841

Chapter 8: Transportation

Because Los Alamos has no community-wide transportation system, private transportation is a necessity. Shopping areas are too far from many residences to walk to. Walking to work is often impossible because Laboratory sites are spread over many miles. Distances to the center of town or to Laboratory sites from some neighborhoods may be as much as 10 miles (16 kilometers).

Distances and our winter weather make an automobile most convenient, although a motorcycle or a bicycle may suffice. Families will need a car. There is no public transportation between Los Alamos and Santa Fe or within Santa Fe.

Transportation services

Buses and taxis

Commuter services: Private and nonprofit transportation companies offer limited services within Los Alamos and between Los Alamos and Santa Fe during commuting hours. LA Bus, a volunteer, nonprofit organization, carries commuters from Los Alamos and White Rock to and from various Laboratory sites in the morning and evening and offers bus service into town during the lunch hour. Sierra Stage Lines serves commuters to Los Alamos from Santa Fe.

Taxis: A taxi service in Los Alamos operates within the county.

Ride sharing

Ride sharing, or car pooling, is common. To find a car pool, talk to colleagues, post a request on bulletin boards, or advertise in the Laboratory's *Newsbulletin*.

Transportation services are listed under *Bus Lines* and *Taxi Service* in the yellow pages.

Free schedules for LA Bus are available at the Laboratory's J. Robert Oppenheimer Study Center, Mesa Public Library, and the Los Alamos/White Rock Chamber of Commerce.

Private transportation

Bicycles

Finding a bicycle: You can buy or rent three-speed, touring, racing, and mountain bicycles locally and in Santa Fe. Bicycle stores sometimes sell used bikes. Look for advertisements under *Merchandise for Sale* in the classified section of the newspaper, or place an ad in the paper and on bulletin boards.

Regulations: Currently, bicycles need not be licensed, but write down your bike's serial number and its exact description in case it is lost or stolen. Lock your

bicycle whenever you leave it in a public place.

The rules of the road for bicyclists are listed in chapter 17.

Mopeds and motorcycles

Mopeds: Mopeds, or small motorcycles with limited power, are allowed on public roads as long as top speed is no more than 25 miles per hour. Drivers must be licensed and at least thirteen years old; they must wear a helmet if they are under eighteen. Mopeds are subject to noise restrictions.

Motorcycles: First-time applicants for a motorcycle license must be sixteen (fifteen if they have successfully completed an accredited driver education program at school).

Obtaining a license: Licensing procedures are described in the following section.

Buying a moped or motorcycle: Most of the information that follows about buying a new or used automobile pertains to buying mopeds and motorcycles. In addition, look in the yellow pages under *Motorcycles & Motor Scooters*.

Automobiles

Buying a new automobile: To buy a new automobile, you will need to go to Santa Fe, Española, or Albuquerque. Check the yellow pages under *Automobile Dealers—New Cars*. Plan on borrowing or renting a car for the shopping trip.

Buying a used car: Used cars, listed under *Automobile Dealers—Used Cars*, are available in surrounding cities and locally. To find a used car in Los Alamos, check the yellow pages for used-car dealers, look for advertisements in the classified section of the newspaper, watch for notices on bulletin boards, and visit the parking lot of the Methodist Church at Diamond Drive and Canyon Road. Colloquially known as “Methodist Motors,” this area serves as an informal used-car lot.

Consumer information: Mesa Public Library keeps a file of consumer information that evaluates and compares new cars and lists prices for used cars. Banks subscribe to the *Blue Book*, which lists the retail value of automobiles by year, make, and model and tells how much you can expect to pay for optional features such as air conditioning. The *Blue Book* also reports estimated mileage per gallon of gasoline.

A few hints: Light-colored cars are cooler in summer than dark cars; an air conditioner is not needed in Los Alamos but will make summer driving elsewhere comfortable; fuel-injected systems are convenient because they do not have to be adjusted for altitude changes as does a carburetor. Four-wheel drive is not necessary unless you intend to do a great deal of offroad driving, but front-wheel drive is helpful. For safe driving on snowy days you will need a car with good road traction—chains, snow tires, front-wheel drive, or a combination of these.

Legalities: Immediately upon purchase you must register your car with the Department of Motor Vehicles. If you do not wish to register your car yourself, your dealer will do it for a fee. Arrange insurance ahead of time; you cannot drive a car off the sales lot without it.

Registering a car: To register a vehicle, you need the manufacturer's certificate of origin if the vehicle is new, or proof of ownership, called a title, if the vehicle is used; a bill of sale; and a seller's affidavit listing the price you paid for the vehicle and its current mileage. If you buy a vehicle privately, the owner must sign it over to you on the back of his or her title certificate. The Department of Motor Vehicles will issue you a registration certificate (for a fee that includes the state automobile tax), number plates, and a new title.

All vehicles must be reregistered every year. So the Department of Motor Vehicles can send your registration notice, notify it if you change your address.

Insuring a vehicle: Vehicle insurance regulations are explained in chapter 10. A statement of your previous driving record, in English if possible, may qualify you for lower rates. Some insurance companies require you to have a New Mexico driver's license.

Keep your registration certificate and proof of motor vehicle liability insurance in your vehicle at all times.

Obtaining a New Mexico driver's license: If you have an international driver's license or a valid driver's license from your home country, you need take only a written test to obtain a New Mexico license. If you do not have a driver's license, you must take both the written test and a driving test.

Enrollment in a driving school is not required of first-time applicants. Except for the course offered for students at Los Alamos High School, there are no driving schools in Los Alamos. Beginning drivers other than high school students learn from licensed family members or friends.

Beginning drivers must obtain a learner's permit from the Department of Motor

Vehicles. A learner's permit can be issued to anyone at least fifteen years old; it is valid for six months and may be renewed once. With a learner's permit, you may drive on New Mexico streets or highways if a licensed driver occupies the seat beside you.

To qualify for a learner's permit, you must pass an eye test and a written test, pay a nominal fee, and show proof of your age. The information needed for the written tests for both the learner's permit and a regular license is contained in the *New Mexico Driver's Manual*, issued free by the Department of Motor Vehicles.

For all driving tests, you may bring a translator.

Learners are not required to display an *L* on their car.

License fees are low and are collected only if you pass the tests. You may take the driving tests as many times as necessary. The written and road tests are short. Appointments are required only for the driving (road) test. All tests may be taken at the Department of Motor Vehicles office on Trinity Drive.

Before a driving test is given, your car will be inspected to see if certain equipment is operable and in good condition. The *New Mexico Driver's Manual* contains a list of the equipment that will be checked.

Ordinarily, newly licensed residents must surrender a driver's license previously issued to them by another state or country. Tell the officials at the Department of Motor Vehicles if you need to keep your license from your home country for your return.

New Mexico licenses are good for four years.

Annual inspections of vehicles by state authorities are not currently required.

For driving rules and customs, see chapter 18.

LA Bus
672-9020

Sierra Stage Lines
982-3350

Independent Taxi Service
662-4319

Department of Motor Vehicles
Los Alamos Field Office
109 Trinity Dr.
(County Annex Building)
662-4243
Office hours: Monday through Friday,
8:30 a.m. to 5:00 p.m.

Los Alamos National Laboratory
Newsbulletin
667-6103

Chapter 9: Shopping

American shopping habits and business practices are described in this chapter. For suggestions about where to shop, see chapter 14.

American shopping patterns

American shopping patterns reflect our extensive use of automobiles. Stores and businesses line the sides of highways for many miles instead of being clustered in the center of town, or they are grouped in large shopping centers or malls that serve hundreds of customers at once. Shoppers are accustomed to driving long distances. People buy a week's worth of groceries at a time rather than walking to the store daily. Delivery services are few.

Large chain stores offer standardized goods. The daily or weekly market held in a central location is almost unknown.

Shopping in Los Alamos

Our community retains some of the virtues of small-town shopping. Both White Rock and Los Alamos have central shopping areas where stores are clustered. Most shops are locally owned and provide personal service. During the summer and early fall, a weekly farmers' market brings to Los Alamos vegetables and fruit from nearby gardens and farms, and annual craft fairs offer the work of area craftspeople.

Shopping wisely

Many goods that are the same or comparable in quality are sold at a range of prices. Compare merchandise and prices before you buy. Discount stores often sell merchandise at prices lower than those asked at conventional stores. Ask your colleagues to recommend reputable discount houses and mail-order catalogs.

Discounts

Sales	Most stores periodically sell merchandise at reduced prices. Sales are advertised by the local newspaper and radio station. Grocery stores advertise most sale items the last several days of each week.
Publications	Mesa Public Library subscribes to publications that compare various products. Ask at the desk for consumer information.
Recommendations	The Los Alamos/White Rock Chamber of Commerce will recommend member businesses upon request.
Problems	The Better Business Bureau in Santa Fe will advise inquirers if complaints have been lodged against a firm (the bureau does not make recommendations). Its staff helps mediate problems between customers and businesses. If you have a consumer problem with a firm in this area you cannot resolve satisfactorily, the Better Business Bureau invites you to consult with it. Its services are free.

Business practices

Prices	Except for some large items such as automobiles, prices are fixed for merchandise and services. We do not bargain except at informal markets, such as flea markets.
Payment policies	<p>Charge accounts: Some stores offer charge accounts, a system of buying merchandise on credit, and bill customers monthly for their purchases. There is no fee for this service if bills are paid in full in thirty days; otherwise, customers are charged interest on the unpaid balance.</p> <p>Installment buying: "Buying on time" is a method of paying for a purchase in monthly installments. A customer takes merchandise home after making a down payment and, over the next several months or years, pays the rest of the purchase price plus interest on the unpaid balance at a rate set by law.</p> <p>Read the contract carefully before you agree to a time-payment plan. Finance charges add substantially to the cost. The law requires that contracts state the interest charged per month and the equivalent annual interest rate.</p> <p>Reserving merchandise: "Layaway" programs allow a customer to reserve merchandise at a store by paying for it in increments. There are no interest charges; the customer takes possession of the merchandise when the full cost of the item is met.</p>
Open hours	<p>In general, business hours are 9:00 a.m. to 5:00 p.m., Monday through Saturday. (Bakeries and barbershops often are closed on Mondays.)</p> <p>Retail stores: Retail stores do not close one half day during the week. They stay open during the noon hour and are usually open on Saturdays. Many stay open until 5:30 or later in the evening; some are open on Sundays. Stores frequently stay open on holidays even though government offices and banks close. The newspaper lists openings and closings for each holiday.</p> <p>Banks: Banks usually close at 3:00 p.m., but some have extended hours; call your bank for details.</p> <p>Grocery stores: Grocery stores are generally open seven days a week, from early morning until late in the evening, and on holidays for shorter hours.</p> <p>Pharmacies: Pharmacies are open six or seven days a week; each lists a telephone number in the yellow pages to call for emergency service after hours or on holidays.</p>

Return policies	<p>Ask about a store's return policy before you make a purchase. Usually you may return merchandise within a specific number of days if it has not been used or damaged. (A sign declaring "no returns" means merchandise may not be returned under any circumstances.) Some stores reimburse customers with cash; others give credit. Always save your receipt as proof of purchase. Normally, merchandise bought on sale cannot be returned.</p> <p>Before you contract to have work done or a service rendered, ask about payment policies if you are dissatisfied with the results.</p>
Health rules	Pets are not allowed in shops and are prohibited from food stores. In summer, food stores and restaurants usually request customers to wear shoes and a shirt. Underwear and swimming suits are not returnable at clothing stores. Some restaurants segregate smokers from nonsmokers.
Sales taxes	Sales taxes are added to the cost of both goods and services; the amount varies from community to community. The sales tax collected in Los Alamos County is listed in the cost-of-living insert.

Deliveries

Unfortunately, Los Alamos residents do not enjoy milk, grocery, beer, or before-dawn bakery deliveries. Because of the universality of the family automobile, delivery services have been sharply curtailed. Large items are usually delivered; ask if a fee is charged.

Shopping customs

Handling merchandise

Handling merchandise is permissible unless signs are posted specifically requesting that customers do not. At some shops, customers must pay for any item they break. Pick out your own fruit and vegetables at the grocery store, but ask if you may do so at a market.

Shops often request customers not to bring food into stores.

Children

Parents are expected to keep their children under control in shops and stores. Stores usually allow baby carriages and strollers (pushchairs).

Trying on clothes

Most clothing stores provide rooms or booths for trying on clothes. Some limit the number of articles allowed in the dressing room at one time. At more expensive stores, clerks will return clothes to the racks for customers.

Shopping bags

All stores provide bags or sacks for merchandise bought.

Etiquette

Proprietors of small shops still greet customers as they enter; larger stores are more impersonal. Americans wait in line when there is a crowd and consider it rude to go to the head of the line out of turn. Some stores issue numbered tickets to determine the order in which customers will be served.

Terminology

A sale is an offering of goods at reduced prices. "For sale" means an item is being sold at full price. "On sale" means an item is being offered for sale at a reduced price. Some sale items may be seconds or irregulars, items that are not first quality or that have defects. Signs proclaiming "close-out," "liquidation," or "fire sale" indicate a sale. Always compare to see if the savings offered are in fact significant.

American sizes

Conversion charts showing American, English, and continental sizes are printed on the inside back cover of this handbook. Good sources of information about the terminology and dimensions used in sizing American apparel are the catalogs issued by large mail-order houses such as Montgomery Ward or Sears, Roebuck. Sears has a catalog store in Los Alamos.

Los Alamos/White Rock Chamber
of Commerce
(Fuller Lodge)
662-8105

Better Business Bureau
227 E. Palace Ave.
Santa Fe
New Mexico 87501
988-3648

Chapter 10: Insurance

What kind of insurance do you need?

While you live in Los Alamos, you should be covered by health insurance. You may also need automobile and personal property insurance. Procedures for obtaining health insurance before you arrive here are discussed in part I. The following section tells how to find an insurance company in Los Alamos and gives information about insurance regulations.

Remember that all insurance plans have limitations; be sure you know what they are.

Finding an insurance company

Insurance agents are listed under *Insurance* in the yellow pages. Some are independent, while others represent large companies. Talk to several agents; compare their services and prices and ask colleagues for recommendations before you make a choice. Some agents sell all types of personal insurance while others

have limited portfolios. Some companies sell health insurance only to people who have lived here at least one year.

Health insurance

Coverage

How much do you need? Health insurance is sold in varying amounts and differs in the medical problems it covers. An insurance agent can explain the options and recommend the amount and kind of coverage adequate for this area. Call the Los Alamos Medical Center's business office for an estimate of local hospital costs.

The coverage offered by individual policies, compared with group policies, is limited, but you can buy a rider (an extension) to a policy to cover catastrophic illness or accident.

Requirements

To qualify for health insurance you may have to be examined by a doctor. The age of applicants and their health problems determine whether a physical examination is necessary. Often a physician's report is accepted. Bring records in English if possible.

Automobile Insurance

Liability

New Mexico law requires each person who owns a motor vehicle registered in the state to obtain liability insurance (or to post a sum of money) in case of injury to another. You must carry proof of financial responsibility in your vehicle at all times.

Comprehensive

Comprehensive automobile insurance covers expenses incurred by vandalism, theft, fire, and similar contingencies. It is not mandatory unless you have not fully paid for your vehicle (some lending institutions may require you to buy comprehensive insurance).

Collision

Also elective, collision insurance is more expensive than other kinds. It covers damages to your vehicle done by yourself.

Uninsured motorist

Uninsured motorist coverage is not required but is recommended as it protects you against violators of the law and nonresident vehicle owners who are not financially responsible.

Medical and towing

Insurance covering some medical expenses for passengers injured while driving with you is optional, as is towing insurance.

Renters' Insurance

A renter's insurance policy covers loss of your belongings and protects you from personal liability if someone is injured on property you rent and sues you for negligence.

Los Alamos Medical Center
662-4201

Chapter 11: Health Services

Emergencies

Medical emergencies

Ambulance and emergency-room services: The emergency room of our hospital, the Los Alamos Medical Center, is staffed twenty-four hours a day by doctors and nurses who specialize in emergency procedures. If you cannot get to the emergency room by yourself, dial 911 (dial 9-911 from the Laboratory). Tell the operator you need medical help and give your address. An ambulance will be sent immediately.

Emergency room costs: No one is ever refused help at the emergency room, but emergency services are not free. You will be billed for ambulance and emergency-room services, which are considerably more expensive than office visits to a doctor.

Medical care after hours: The emergency room also functions as an out-patient clinic. Go there if you need medical care after hours or on weekends or holidays. You can also go to the emergency room during normal working hours if you need a doctor right away. You will be examined by a physician and referred to a local doctor.

Nonmedical emergencies

Crisis intervention services give immediate help for urgent situations such as extreme nervousness or depression, sexual assault, domestic violence, child abuse, and drug-related problems. Telephone numbers are listed below and on the inside front covers of the telephone directory and this handbook.

Overview

Medical costs

Health services in the United States are private. Except for certain medical services to the elderly, costs are not subsidized by the government; they are the patient's responsibility. Carry enough health insurance to cover normal care and emergencies (see chapter 10). Los Alamos has no free health-care clinics; except for emergencies, you must make an appointment with a private doctor to receive medical help.

Health services in Los Alamos

Medical services: Medical services in Los Alamos include an eighty-eight bed, acute-care hospital, and medical doctors trained in a variety of disciplines. Almost all are specialists; general practitioners are few. The hospital and most of the physicians' offices are located in one building, the Los Alamos Medical Center. The hospital has medical, surgical, pediatric, psychiatric, and obstetric departments, a nursery for newborns, and a six-bed intensive care unit; it is equipped for all types of surgery except neurosurgery. The Los Alamos Medical Center offers limited laboratory, X-ray, and physician services at a branch office in White Rock.

Dental services: Dentists, oral surgeons, orthodontists, and periodontists offer a full range of dental services.

Mental health care: Counselors, psychologists, and psychiatrists provide mental health care. The services of the Los Alamos Family Council, the community's mental health agency, are described below in chapter 12.

Other services: The Los Alamos Family Recovery Center, affiliated with the Los Alamos Medical Center, treats families whose children are dependent upon chemicals.

How to find help

In America, most doctors are specialists. Before you make an appointment, you must determine the kind of doctor you need to see.

Finding a specialist

Look in the yellow pages: Doctors are listed in the telephone directory under *Physicians*, where they are divided by specialty. Before you meet with a doctor, describe your problem to the receptionist to make sure you have found a physician who can help you, or you may have to pay for an unnecessary office call.

Dentists, chiropractors, physicians, optometrists, and other health practitioners are listed by specialty. Mental-health practitioners are listed under *Counselors* and *Psychologists*.

Inquire at the county Public Health office: Nurses at the county Public Health office will help visitors determine the nature of their medical problems and suggest what kind of doctor to see. The Public Health office is in the basement of the Los Alamos Medical Center (the hospital) and is open from Monday through Friday from 8:00 a.m. to 12:00 noon and from 1:00 p.m. until 4:30 p.m. Appointments are not necessary, but it is best to call ahead.

Other services of the county Public Health office are described at the end of this chapter.

Tape-recorded medical information

By dialing 662-6211 between 9:30 a.m. and 11:30 a.m. and between 2:00 p.m. and 4:00 p.m., you can hear short tape-recorded health messages approved by the medical staff at the hospital. These messages are easy to understand and are updated as the need arises. The recordings are designed to help listeners recognize an illness or decide when to see a doctor. Their subjects include first aid, children's illnesses, pregnancy, respiratory diseases, and venereal diseases. Pick up a list of the topics at the gift shop in the lobby of the Los Alamos Medical Center.

Laboratory health services

Visitors are not eligible to receive medical services from the Laboratory's Occupational Health office. Noneligible patients are referred to a private doctor in the community. However, the medical staff gives appropriate first-aid measures to those in need of emergency care before referral.

Paying for medical care

Unless you make other arrangements in advance, you pay for medical services when you receive them. The doctor will give you appropriate forms to send to your insurance company; you are responsible for claiming your reimbursement.

Fees

Most doctors will tell you the fee for an office call over the telephone and, on request, will explain the cost of other services before rendering them. Dentists usually prefer that you come in and discuss fees with them.

Clinics

Occasionally free diagnoses are available for glaucoma, breast cancer, and high blood pressure. Call the Los Alamos Medical Center for information.

Health-care customs

In the United States, people tend to take responsibility for their own health. Patients frequently make up their own minds about accepting prescribed medical care and often request a second opinion from another specialist. Feel free to discuss problems with your doctor and to ask questions about his or her diagnosis and treatment of your condition. You may see your own medical records.

Appointments

Always make an appointment before you go to a medical practitioner. If you cannot keep the appointment, telephone the receptionist. Some doctors charge for a missed appointment unless you notify them at least twenty-four hours in advance.

Even if you need to be seen right away, telephone the doctor's office before you go. The receptionist will tell you if the doctor can see you or if you should go to the emergency room for immediate help.

House calls

Doctors no longer make house calls. Some divide their waiting rooms into one section for well persons and another for those who are ill.

Languages

If you have difficulty with English, bring someone who can translate for you to your appointment. Most local doctors speak English only; a few speak Spanish or know some medical French or German.

Hospital stays

In America, family members do not stay overnight at the hospital with relatives who are ill, and American hospitals accommodate only patients. However, special arrangements are sometimes made.

Pharmacies

Pharmacists in the United States are not allowed to prescribe medicines. They do not give injections or administer first aid. Pharmacies are not marked with a symbol (such as the green cross used in Europe) and may not even be labeled pharmacy; some are part of drug stores and others can be found in large chain stores. Look for them in the yellow pages under *Pharmacies*. Pharmacies do not take turns staying open after hours or on weekends and there is no central number to call to find out which pharmacy is open. Each pharmacy, however, lists an emergency number in the telephone book or on the door for after-hours service.

Having a baby in Los Alamos**Medical services**

Types of care: Medical services include both prenatal and postnatal care. In addition, baby-care and childbirth classes are given at the hospital for a small fee. Parents may choose to have either an obstetrician or a licensed midwife attend their baby's delivery, and fathers may be present during labor and delivery unless there is an emergency. Obstetricians deliver babies at the hospital; certified midwives assist deliveries either at the hospital or at home.

At the hospital: New mothers usually stay in the hospital for two days. Fathers and grandparents have unlimited visiting privileges, and friends may visit for short periods when the baby is not in the mother's room. Babies usually stay with their mothers during the day. They are returned to the nursery at night but are brought to their mothers for nursing when hungry.

Fees: A physician or midwife's fee for the delivery of a baby includes prenatal care, the delivery, and one visit afterward. So parents can determine which practitioner they prefer, obstetricians and midwives invite them to make an appointment at no charge to discuss costs and procedures.

Pediatric care

Because there is no free visiting nurse service for newborns, parents should find a pediatrician to care for their baby. Pediatricians also invite prospective parents to discuss, at no charge, their fees and policies.

Public health services

Public health nurses' services are free to any resident of the state and to visitors temporarily living here. No questions are asked about patients' financial resources. Public health nurses will interpret children's inoculation records from abroad for the schools and will give immunizations. They also check blood pressure, test for tuberculosis, and screen for venereal diseases.

Emergencies
911

Los Alamos Medical Center
(And information about White Rock
services)
662-4201

Crisis Intervention Services
(Call day or night)
662-4422

Family Recovery Center
1900 Diamond Dr., #10
(Pueblo complex)
662-2962

Public Health Office
662-8175

Recorded medical information
Telemed
662-6211

Chapter 12: Social Services

Overview

Los Alamos has social service organizations that help people or families in need of advice, emotional support, or temporary aid. Some of the services are free, while others charge according to the client's ability to pay. In addition, informal groups that focus on specific problems offer support through mutual sharing of concerns, discussions, direct aid, and dissemination of information.

Organizations

Private organizations

The American Red Cross will furnish temporary housing and personal necessities to people who experience a disaster, such as a fire.

The Women's Center, located upstairs in the Unitarian Church, has a library of current information regarding women's needs and rights and sponsors meetings on subjects of concern to women.

The Family Recovery Center treats children and families affected by drug abuse.

Community organizations

The Los Alamos Family Council provides the following counseling and related services for individuals and families having personal problems.

Personal counseling services: The Family Council offers guidance to individuals or families who are experiencing marital problems, divorce, pregnancy, parenthood, parent-child conflict, alcoholism, drug abuse, depression, loneliness, anxiety, or other personal crises.

Crisis intervention: Trained counselors are on call twenty-four hours a day to offer help with any urgent situation such as sexual assault, domestic violence, child abuse, drug-related incidents, or extreme nervousness or depression.

Family homemaker aides: For an hourly fee, aides offer home assistance to families with children needing special care or whose parents need support. Call the Family Council for help if your children need extra attention because of emotional problems, developmental disabilities, accidents, or illness (either their own or yours), or if you would like assistance in caring for a new baby or dealing with the normal problems of parenthood.

Help for the handicapped: The Family Council operates The Day Out, a daytime center for handicapped adults of all ages.

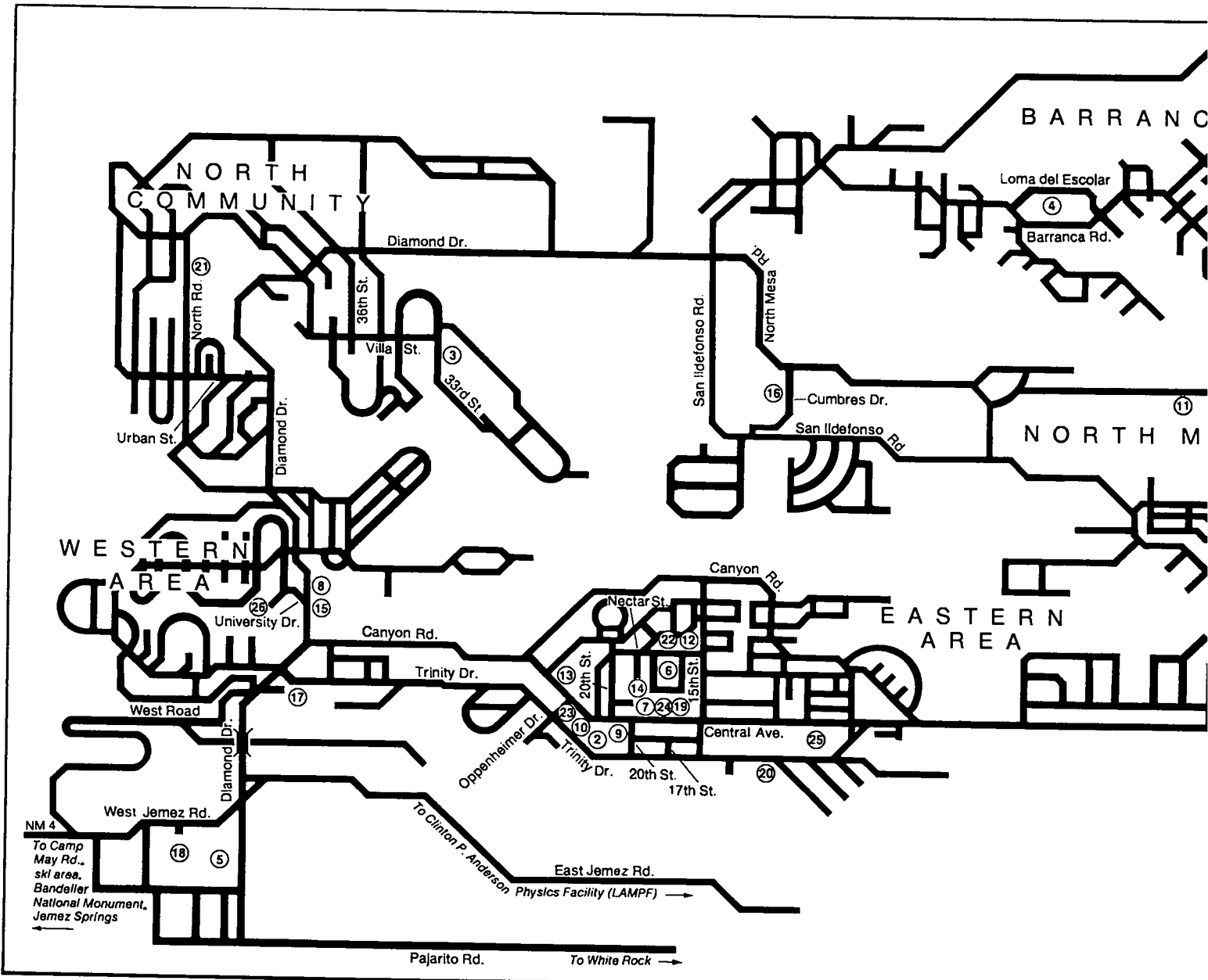
Senior Citizens program: The Family Council's Senior Center provides recreation, information, transportation, and services for retired people over sixty years old.

Fees: The Los Alamos Family Council is operated by a volunteer board of directors and a paid professional staff. Funds for counseling services come from client fees, charitable donations, Los Alamos Schools, the county of Los Alamos, and state and federal grants. The Family Council's charges are based on the client's gross annual income and the number of persons supported by that income. A child referred by Los Alamos Schools may receive some free counseling. Therapists keep all information about clients in complete confidence.

Support groups

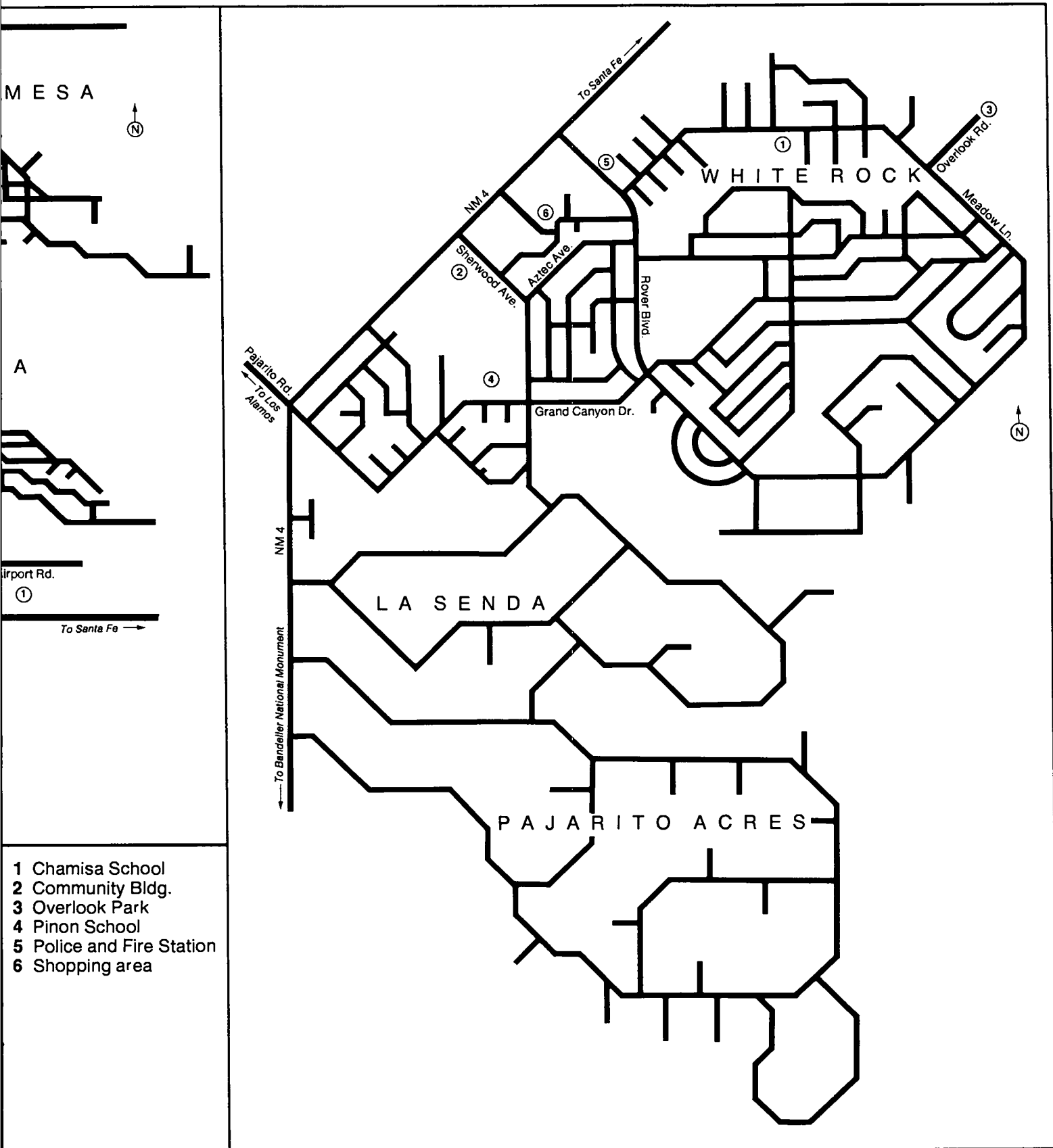
Groups of individuals concerned about particular personal problems or seeking relief from the stress of illness or other traumatic events meet regularly in Los Alamos. To find out which groups are currently active, check the list printed weekly in the *Los Alamos Monitor* under *Support Groups*. Topics of concern

Los Alamos



- | | |
|--|--|
| 1 Airport | 14 Historical Museum |
| 2 Ashley Pond | 15 Los Alamos High School |
| 3 Aspen School | 16 Los Alamos Middle School |
| 4 Barranca Mesa School | 17 Los Alamos Medical Center |
| 5 Bradbury Science Museum | 18 Los Alamos National Laboratory Administration Bldg. |
| 6 Central Business District | 19 Mesa Public Library |
| 7 Chamber of Commerce, Fuller Lodge | 20 Motor Vehicle Department |
| 8 Civic Auditorium | 21 Mountain School |
| 9 Community Bldg., Cooperative Extension Service | 22 Performing Arts Center |
| 10 County Municipal Bldg. | 23 Police Station |
| 11 Fairgrounds | 24 Post Office |
| 12 Family Council | 25 Shopping Area |
| 13 Farmers' Market | 26 UNM-LA |

White Rock



Detailed maps available at the Los Alamos/White Rock Chamber of Commerce

include divorce, alcoholism, single parenthood, various debilitating diseases, overeating, women's issues, and career changes.

American Red Cross
662-7165

The Women's Center
662-5299

Crisis Intervention Center
662-4422

Senior Center
662-7733

Los Alamos Family Council
1505 15th St.
662-3264

**Office hours: 9:00 a.m. to 5:00 p.m.,
Monday through Friday**

Family Recovery Center
1900 Diamond Dr., #10
(Pueblo complex)
662-2962

Chapter 13: Government Services

The government at county, state, and federal levels provides a number of services to Los Alamos County. They are summarized here to illustrate the structure of our system and to give visitors with problems or questions information about where to go for help. Government services that affect the lives of our visitors and have not been discussed elsewhere in this handbook are described here more fully.

County services

Overview

Los Alamos County provides police, public health, and utilities services (which include gas, electricity, water, sewage treatment, and refuse collection) to the communities of Los Alamos and White Rock. Its Parks and Recreation Department maintains the golf course, the horse stables, and public parks, including ball fields, tennis courts, picnic areas, and playgrounds. A recreation program, described in part III, offers a variety of programs year-round for people of all ages. The Cooperative Extension Service, sponsored in part by the county, gives classes and information on cooking, gardening, and homemaking skills. The county maintains Fuller Lodge, our community cultural center, and runs the Historical Museum and Mesa Public Library. Marriage licenses and dog licenses are among the permits our local government issues. The county court system handles certain civil and criminal cases.

Police services

Residential security checks: Besides its law-enforcement and public-safety functions, the Police Department makes residential security checks upon request and loans special engraving tools for inscribing personal property as a protection against burglaries.

Residential security checks are made only for homes, not for apartments. Call the Police Department if you wish an officer to inspect your house daily while you are away.

Other services: The Police Department conducts education and safety campaigns for the public and in the schools. It issues child identification packets to parents upon request.

Mesa Public Library

Location: The main library is on Central Avenue next to the post office. The White Rock Branch is at 115B Longview Drive.

Open hours: The library is open seven days a week and on certain holidays. Hours at the main library are 10:00 a.m. to 9:00 p.m. Monday through Thursday, 10:00 a.m. to 6:00 p.m. on Friday, 9:00 a.m. to 5:00 p.m. on Saturday, and 11:00 a.m. to 5:00 p.m. on Sunday.

The White Rock Branch is open from 10:00 a.m. to 1:00 p.m. and from 3:00 p.m. to 9:00 p.m. Monday through Thursday, until 6:00 p.m. on Friday, from 9:00 a.m. to 1:00 p.m. on Saturday, and from 11:00 a.m. to 5:00 p.m. on Sunday.

Community information: The public library is an information center as well as a repository for books. The bulletin board in the lobby lists community events such as classes, concerts, films, and lectures; brochures and pamphlets about community issues and organizations are displayed near the front desk.

Who may use the library? All residents of the county, including children, may obtain a loan card and participate in library programs at no charge. (Nonresidents who work in Los Alamos County are also eligible.)

Loan policies: Several books may be borrowed at one time and kept for up to

three weeks. Books may be renewed for an additional three weeks unless another patron has requested them; renewals may be made over the telephone.

The loan collection: The library's loan collection exceeds eighty-two thousand books and includes a special assortment of large-print books for the visually impaired. The library also subscribes to national newspapers and magazines for the use of its patrons. In addition, the library lends recordings, framed pictures, and films. Film and slide projectors may also be borrowed; call the library for information. Reference librarians help patrons track down facts and figures, while the interlibrary loan service makes the resources of libraries all over the United States available to Los Alamos residents.

Children's books and activities: The children's section of the library has an excellent selection of books. A children's librarian provides a program of reading-related activities and entertainment.

Adult programs: Various programs serve the interests of adults. Watch the library bulletin board for announcements.

State services

The two state government departments whose regulations affect visitors most are the Department of Motor Vehicles and the Taxation and Revenue Department. The functions of the Department of Motor Vehicles are described in chapter 8 and those of the Taxation and Revenue Department in chapter 25. Another state agency, the Department of Tourism and Travel, issues information helpful to visitors; its services are described in chapter 24.

Federal services

Fire protection

Fire protection and prevention services and ambulance services are provided by the Los Alamos Fire Department.

The Forest Service

The U.S. Forest Service sells maps of the area around Los Alamos and distributes free brochures that describe local hiking trails. It issues permits for gathering firewood, digging up young trees or "wildings" for transplanting, and cutting Christmas trees. The Forest Service office also gives advice about road and weather conditions on Forest Service land and can obtain information about Forest Service regions in neighboring states.

The Postal Service

Services: The U.S. Postal Service limits its services almost entirely to those concerned with the collection and distribution of mail. It does not operate the communications system; you cannot make a telephone call or send a telegram from a post office, nor does the post office act as a bank. Individuals and businesses do not have postal accounts through which bills may be paid.

Location and hours: The main post office is on Central Avenue between Fuller Lodge and Mesa Public Library. It is staffed weekdays only (although service may expand to Saturday mornings), Monday through Friday from 8:30 a.m. to 5:00 p.m. The lobby is open for access to post office boxes, a stamp machine, and the mail drops from 6:00 a.m. to 6:30 p.m. weekdays and from 6:00 a.m. to 4:30 p.m. on weekends. The post office is closed on all public holidays.

Postal services in White Rock: Limited postal services are available in White Rock at the White Rock Pharmacy, 124 Longview Drive in the White Rock Village. This station handles all levels of domestic mail but only letters, not packages, to places outside the United States. It is open from 9:00 a.m. to 6:00 p.m. Monday through Friday and from 9:00 a.m. to 1:00 p.m. on Saturday.

American mail boxes: American mail boxes are painted deep blue and carry an emblem of an eagle against a white background. Many are positioned so that letters may be mailed from an automobile. In Los Alamos, mail boxes are marked either *local* or *out of town*. Local mail is mail for Los Alamos County only. Put everything else in the out-of-town box.

When mail is dispatched: Mail to places outside Los Alamos is dispatched once a day, every day of the week. The times, which vary, are posted in the lobby of the main post office.

First-class mail: Letters to all fifty states automatically go first class and by air. The domestic rate for letters is based on the first ounce (28 grams) of weight and thereafter on half-ounce increments. Letters to Canada and Mexico that weigh an ounce or less go for the same rate as domestic letters and also receive air service. The rate for letters to all other countries is based on half-ounce increments.

Size restrictions: Letter size is restricted by postal regulations. Letters smaller than 3 1/2" x 5 1/2" (8.75 cm x 13.75 cm) are returned to the sender. A surcharge

is added to letters larger than certain dimensions. A chart depicting correct letter size is displayed at the post office.

Other mail: Newspapers and magazines may be sent at second-class rates. Books, circulars, catalogs, and other printed materials qualify for third-class or book rates, as do packages that weigh less than a pound (a little less than half a kilo). All other packages go fourth class, or parcel post.

To qualify for the fourth-class rate, packages must not weigh more than 70 pounds (31 kilos) and the distance around the thickest part of the parcel must not exceed 108 inches (274 cm). Packages that weigh less than a pound and whose combined length and girth is no more than 36 inches (91 cm) qualify for a less expensive small-packet rate.

For speedy delivery: The fastest service offered by the post office is express mail, which delivers items to many locations by 3:00 p.m. the day after they are sent. Priority mail service delivers mail anywhere in the continental United States within two or three days.

Private companies also deliver parcels and offer overnight delivery service for letters and packages. They are described in chapter 14.

Insuring mail: You can insure valuable items or send them by registered mail, an even safer method. Important items such as documents that have no intrinsic value should be sent certified mail. Free brochures available at the post office describe the differences between each type of service and explain how to use them.

Tips for mailing packages: Use a sturdy container (reinforced and padded bags are sold by the post office) and cushion the contents adequately. The post office sells packing material by the roll. Seal and reinforce your package with strapping tape, a filament-reinforced tape available at many stores. Avoid string and wrapping paper as they tend to get caught in mail-processing equipment.

Put the name and address of both the sender and the recipient, as well as a list of the contents, inside the package. Address the outside of the package clearly and include the Zip Codes of both sender and receiver. If you send breakable items, write "Fragile" on the package. Mark packages containing food or other short-lived items with the word "Perishable." If you send photographs or items that should not be folded, protect them with cardboard backing and mark "Do not bend."

How to address your mail: In the United States, the address of the recipient is placed in the center of the envelope or package, and the address of the sender is written less prominently in the upper left-hand corner. Follow this convention to avoid delays and reduce chances that your mail will be mis sent.

Zip Codes: Always include the five-digit Zip Code with every domestic address. To find a Zip Code, look in the Zip Code directory at the post office or at the public library. It lists the Zip Code for every address in the United States. Zip codes for communities surrounding Los Alamos are printed at the front of the yellow pages.

Postal rates: A chart at the post office lists the domestic rates for all classes of mail, the charges for services such as special delivery and special handling, and the cost of stamps, post cards, envelopes, and money orders. For all purchases except money orders, the post office accepts payment in cash, by personal check, and by travelers' checks. Money orders must be paid for with cash.

Ordering stamps by mail: Stamped envelopes and stamps for first-class domestic use can be bought by mail. Order forms are at the post office.

When you are away: At your request, the post office will suspend your mail delivery while you are away and hold it until you return. Apply for this service at the main desk.

Mail delivery: Home deliveries of mail are made once daily except Sunday. Homeowners should keep mailboxes accessible to the mail delivery person. Clear your walkway of ice and snow and control pets.

Police Department
662-8222

Mesa Public Library
Main desk: 662-8250
Book renewals: 662-8252
Reference librarian: 662-8253
Children's services: 662-8258

**Mesa Public Library, White Rock
Branch**
115B Longview Drive
662-8265

Post Office
662-2071 (Los Alamos)
672-3667 (White Rock)

U.S. Forest Service
528 35th St.
(Department of Energy Building)
667-5120

Chapter 14: Commercial Services

Although the commercial sector in Los Alamos is small, businesses here offer most services and goods normally found in American towns. Stores in Santa Fe and Albuquerque advertise many services and sell a wide range of wares. Through catalog sales, Los Alamos residents buy merchandise from nationwide distributors.

This chapter does not list specific commercial services in Los Alamos but tells how to find what you need, describes some local services that are not mentioned in the yellow pages, and explains customs about buying food and gasoline and using the telephone.

Finding what you need

Where to look

Ask colleagues where they shop. Read the advertisements in local and regional newspapers, listen to the radio, and check the yellow pages. An index at the back of the telephone directory categorizes listings; refer to it if you are not sure how a service is listed. Maps of Los Alamos and Santa Fe, found at the end of the yellow pages, will help you locate businesses and services.

Individuals advertise merchandise through the classified section of the newspaper and the "Trading Post" on radio station KRSN.

Upon request, the Chamber of Commerce makes referrals to member businesses.

Where to shop

Medicines, medical supplies, and a wide variety of other goods are sold at *pharmacies* or *drugstores*.

Food and many other items are sold at *grocery stores* (look under *Grocers—Retail* in the yellow pages).

Meat is sold at grocery stores or at the *butcher's*. Breads and desserts are found at *bakeries*; natural foods and nonallergenic cosmetics at *health food stores*.

Imported and gourmet foods are sold at *delicatessens* or *gourmet shops*.

Household and garden maintenance and building supplies, as well as kitchen utensils and appliances, are sold at *hardware stores*.

Stationery, writing supplies, bookkeeping forms, and greeting cards are found at the *stationer's* or card shops.

A large variety of merchandise including clothing, shoes, furniture, appliances, toys, kitchen supplies, linens, and fabric is sold at *department stores*.

Cut flowers and potted plants are sold at the *florist's*.

Plants and garden supplies are found at *nurseries*.

Automobile parts and supplies are found at *automotive* or *auto supply* stores.

Some local services

Laundries

There is no laundry service in Los Alamos that picks up clothes and linens, washes and irons them, and returns them. Most homes have a washing machine and usually a dryer; apartment houses have laundry rooms with coin-operated machines. Los Alamos has one self-service commercial laundromat; it has no attendant to do wash for customers. Coin-operated machines dispense soap and change, and the washers and dryers take quarters only. American washing machines do not boil clothes. The laundromat in Los Alamos, on 17th Street in the Community Center, is open twenty-four hours a day.

Local cleaners dry clean clothes and other items but do not make deliveries. Look under *Cleaners* in the yellow pages.

Photocopying

Mesa Public Library has a photocopier for public use. A small fee is charged per copy. Some businesses advertise photocopying services, and printing shops often have sophisticated copying machines that enlarge or reduce images.

Delivery services

Parcels and some correspondence to destinations in the United States may be sent by a private carrier as well as through the U.S. Postal Service (postal services are described in chapter 13).

Packages: United Parcel Service (UPS) will pick up parcels, which you may insure, Monday through Friday at Studio West, 941-A 18th Street, in the Community Center. During the holiday season UPS often opens a desk in White Rock.

Parcels must be addressed to a street address, not to a post office box, and should be secured with a strong tape such as strapping tape. Do not use masking tape or string and do not wrap a parcel in paper.

Correspondence: Federal Express, whose desk is also at Studio West, delivers

letters and small packets overnight. This service is more expensive than express mail service through the post office but delivery in twenty-four hours is guaranteed.

Call Studio West for up-to-date information about current services.

Babysitting and child care

Day care centers: Some preschools will care for regularly enrolled students before and after class time. Day care centers accept children on a regular basis or as "drop-ins." Call ahead to make sure there is room for your child. State rules regulate the number of children who may be cared for at one time, and space is often booked days in advance. The state requires day care centers to keep on file a record of each child's immunizations.

Finding child care: Look for babysitting and child-care services under *Day Nurseries & Child Care* and *Sitting Services* in the yellow pages and under *Babysitters Needed/Available* in the newspaper. The YMCA offers day care at certain public schools for school-age children after school hours.

Finding a babysitter: If you need a babysitter for evening hours or on weekends, inquire in your neighborhood or ask for recommendations from friends. Some parents organize babysitting cooperatives and take turns caring for each other's children. The Youth Employment Service, YES, gives names of students who babysit.

Buying food

At the grocery store

Merchandise: American grocery stores sell much more than food. Many stock liquor, greeting cards, household hardware and cleaning supplies, oil for automobiles, small items of clothing, kitchen utensils, paper goods, cosmetics and personal items, pet food, and plants and garden supplies.

Services: Large grocery stores offer a variety of services that may include film processing, rental of rug and upholstery cleaning equipment, video games, a bakery or delicatessen, a children's photographer, a community bulletin board, and recycling of metal cans.

Payment: We pay grocery stores with cash or a personal check. Help prevent delays by writing your check (except the amount) while the clerk is adding up your purchases. Some stores allow customers to write checks for an amount above the cost of the groceries.

Grocery store practices and customs: Fruit and vegetables are weighed at the check-out counter, not at the produce department. To obtain the freshest produce, ask which days deliveries are made.

Dates stamped on most dairy products, packaged meat, and many other items indicate how long the product is guaranteed to remain fresh.

Most American grocery stores provide staff to help customers bag their purchases and carry them to their cars. It is not the custom to tip the person who helps.

Food cooperatives

None of the retail grocery stores in Los Alamos are cooperatively owned by customers, but privately organized cooperative food-purchasing groups buy food in bulk quantities. Call the Los Alamos County Cooperative Extension Service for information. For warehouse discount grocery stores in Santa Fe, look in the yellow pages under *Grocers—Retail*.

Ethnic foods

Some foods from other countries are available in local grocery, gourmet, and health food stores. Stores in Santa Fe and Albuquerque supply what cannot be bought in Los Alamos. There are oriental grocery stores in Albuquerque. Look in the yellow pages under *Gourmet Shops* and *Grocers—Retail*.

Meat and fish

How beef is cut: American beef is not cut or graded the same way as beef from other countries. Most food stores display a chart showing cuts of meat. The greater the amount of marbled fat in meat, the higher its grade. The Cooperative Extension Service distributes information about American cuts of beef and how to prepare them.

Where to shop: The meat in most grocery stores is precut and prepackaged, but large grocery stores also have a butcher who takes special orders and gives advice about preparing meat. To find a butcher store, look under *Meat—Retail* in the yellow pages. Fresh fish is sold at grocery stores in Los Alamos and Santa Fe and at shops listed under *Fish & Seafood—Retail*. Watch advertisements for announcements of the periodic arrival in Los Alamos of a truck selling seafood from Alaska.

Liquor

Liquor stores and many grocery stores sell packaged or bottled liquor. Purchasers must be at least twenty-one years old. Packaged liquor cannot be sold on Sundays or on election days (alcoholic beverages may be sold by the drink in restaurants on Sundays between noon and midnight). For more information about liquor laws in New Mexico, see chapter 18.

At the gas station

Gas stations are often referred to as service stations and are listed as such in the yellow pages.

How gasoline is rated

Grades: In America gasoline, or petrol, comes in several grades: regular, unleaded regular, and unleaded supreme. (Many gas stations also sell diesel fuel.) The grades are labeled by name, not by an increasing number of stars, as in the United Kingdom, or by any other symbols. Regular gasoline has an octane rating of around 88; the rating of unleaded fuels is slightly lower.

Unleaded fuel: Unleaded fuel is required for recently built vehicles that have catalytic converters to reduce the amount of lead in the air. Putting regular gasoline in a car requiring unleaded fuel will ruin the catalytic converter. To prevent costly mistakes, only nozzles delivering unleaded fuel fit into the fuel tank opening of cars with catalytic converters. Never try to force regular gasoline into a car that has a catalytic converter.

Unleaded gasoline is more expensive than regular.

Paying for gasoline

Most stations accept payment after you fill your tank, but some require payment in advance. Gasoline company credit cards and major credit cards such as VISA and MasterCard are often accepted; each station displays emblems of the cards it will honor. Customers who pay cash sometimes receive a discount of a few pennies per gallon.

How gasoline is sold

We buy gasoline in gallons; 1 American gallon equals 3.79 liters. (The British imperial gallon equals 4.55 liters.)

Oil is sold by the quart (1 quart equals 0.946 liters).

Kinds of service

At many gas stations, pumps are labeled either full service or self-service. Gasoline is more expensive at full-service pumps, but the attendant will fill your tank, check oil and water levels, and wash windows. (Tipping for these services is not customary.) At self-service pumps, you do all the work yourself. At most gas stations, water, paper towels, sponges, and an air pump are available free for customers' use.

Other services

Many gas-station mechanics do automotive repair, from tune-ups to more major work.

Most American gas stations maintain toilets for their customers' use. Some operate towing services, rent trailers for hauling goods, and sell snack foods. Public telephones are often found at gas stations.

The telephone system

In the United States, private companies operate the telephone system. Mountain Bell offers telephone services in New Mexico.

American telephone numbers contain seven digits (000-0000). Additional three-digit prefixes are added for long-distance calls (see below). Our telephone tones differ from those of other countries. The dial tone is continuous, a busy signal is a series of beeps, and the ringing tone is a longer sound that repeats at intervals.

The front section of the telephone book, called the "Customer Guide," gives detailed, useful information about all aspects of the telephone system, from the types of service available to instructions for making international calls. Some of the information is in Spanish as well as English.

The telephone directory

How it is organized: American telephone books are divided into two sections, the white and the yellow pages. The white pages list residences and, separately, businesses alphabetically by name; the yellow pages list businesses, professions, and services by category. An index at the back of the yellow pages lists cross references. Look there if you are not sure how a subject is categorized.

How listings are arranged: A section in the "Customer Guide" explains how to find numbers in the directory. It describes, for example, how entries are alphabetized, what abbreviations are used, and how to look up names of companies that begin with "The."

Directories for other cities: Telephone books for many cities in the United States are available at Mesa Public Library and at the Laboratory's Study Center.

The telephone bill

Charges for local service are billed one month in advance. Your bill will include long-distance calls made through other telephone companies, which contract with Mountain Bell to do their billing for them. Your statement will show the cost of each long-distance call you make.

Telephone charges: Mountain Bell's business office will explain the types of local services and their charges. The cost of long-distance calls depends on the time they are made. The least expensive times to make a call are all day Saturday, until 5:00 p.m. on Sundays, on certain holidays, and between 11:00 p.m. and 8:00 a.m. every day. A smaller discount applies to calls made weekdays between 5:00 p.m. and 11:00 p.m. The full rate is charged for calls made between 8:00 a.m. and 5:00 p.m.

The rate-and-route operator, who can be reached by dialing 0, will answer questions about charges for calls to a specific destination. When you make a long-distance call, you may ask the operator to tell you how long you talked and how much the call cost. When you place the call, explain that you will want "time and charges" when the call is completed.

The least expensive calls are those you dial directly. Los Alamos residents can dial directly to any place in the United States and to many countries. A list of accessible countries, along with country and city codes, is printed in the front pages of the telephone book.

Telephone credit cards: If you make many calls away from your home phone, a telephone credit card or calling card is convenient. With it, you can charge local, domestic long-distance, and international calls to your account, and call the United States from abroad.

Dialing codes

New Mexico's area code is 505. It is not needed for making calls within the state. For local calls, dial only the number in the directory. Prefixes of numbers in the local dialing area are listed in the telephone book. Dial 1 before numbers outside the local calling area but within New Mexico.

Area codes for places outside New Mexico are listed in the front pages of the telephone directory. Dial 1 before the area code.

All telephone numbers that begin with the prefix 800 are toll free.

Public pay telephones

Where to find them: Many public buildings, gas stations, and shopping centers have public pay telephones. Neither the telephone company nor the post office places calls for patrons, but the telephone operator will assist you.

Types of public telephones: Both local and long-distance calls can be made from the same telephone. All public phones are the same type and the same color, with one exception: some are for use with telephone credit cards only.

Payment: All pay telephones take coins, not tokens. They accept nickels (5¢), dimes (10¢), and quarters (25¢) and do not give change. Money spent to reach the operator is returned. No coins are required to reach the emergency number, 911.

Local calls: For local calls, insert the amount of money noted in the instructions and dial the number when you hear the dial tone. You do not need to push a button when the connection is made, and you may talk as long as you wish without additional charges.

Long-distance calls: Long-distance calls are easiest to make with a telephone credit card or from a private telephone. It is possible, but more expensive, to call "collect" (to reverse the charges) or to charge a call to a third party. To make a long-distance call from a public pay telephone, have a lot of coins handy. The operator will interrupt the call when you need to add money.

Refunds: If you try to make a call from a broken telephone and the machine will not refund your money, call (toll free) 1-800-555-2323.

Los Alamos County Cooperative
Extension Service
475 20th St.
(Community Building)
662-2656

Youth Employment Service
662-5873

Los Alamos/White Rock Chamber of
Commerce
(Fuller Lodge)
662-8105

Los Alamos Family YMCA
15th and Iris St.
662-3100

*For information about United Parcel
Service:*
Studio West
662-2602

Mountain Bell
New service: 988-9421
Billing questions: 988-9311
Discount periods: 988-9421

Chapter 15: Religious Organizations

Numerous religious organizations have churches or meeting places in Los Alamos and White Rock. Because the United States Constitution prohibits the establishment of a state religion, all are supported by donations from their members. To find the religious group of your choice, look in the yellow pages under *Churches*, or ask the Chamber of Commerce for its list.

Los Alamos/White Rock Chamber of
Commerce
(Fuller Lodge)
662-8105

Chapter 16: Getting Along

Because lack of familiarity with the local communication network can cause newcomers to miss events and activities, this chapter tells how to find out what is going on in the community and describes organizations that help people new to town feel at home. In addition, although no attempt is made to give a complete analysis of American habits, this section of the handbook interprets social customs that are frequently puzzling to visitors and explains the way some things are done. The chapter closes with a discussion of culture shock and its remedies.

What Is happening?

Sources of Information

The news media: The local radio station and newspaper are major sources of information about community events. KRSN broadcasts daily from 6:00 a.m. until midnight at 1490 AM and 98.5 FM, and the *Los Alamos Monitor* is published five times a week. It is delivered to the door of subscribers and sold at newsracks in shopping areas. *The New Mexican*, a Santa Fe newspaper, also publishes news of Los Alamos. Mesa Public Library subscribes to both newspapers as well as others printed in the region, some of which carry Los Alamos news. For a subscription, look under *Newspapers* in the yellow pages.

Other sources of information: Community bulletin boards carry notices of classes, concerts, meetings, lectures, and other public events. There is one in the lobby of Mesa Public Library and one in Fuller Lodge (in the anteroom of the Chamber of Commerce). Banks often display bulletin boards as a public service. Notices are also posted at the branch library in White Rock. The Chamber of Commerce distributes a monthly calendar of community events; the county Parks and Recreation Department publishes a youth activities calendar.

At its public-information table, Mesa Public Library displays current schedules of classes offered by the Parks and Recreation Department, the YMCA, the University of New Mexico at Los Alamos, and other organizations. Los Alamos National Laboratory's *Newsbulletin* lists lectures and events open to the public as well as those restricted to Laboratory employees.

International news: The Laboratory's Study Center circulates the *International Herald Tribune*. Some international newspapers have air mail editions that are published weekly. For example, Los Alamos residents can subscribe to the *Manchester Guardian*, a combination of the *Guardian*, *Le Monde*, and the *Washington Post*.

Sources of help

Community Newcomers' Service: This service personally welcomes all new residents to the community with information about commercial services and businesses, churches, schools, recreation and cultural activities, and tips for living in Los Alamos. Let the service know you have arrived by calling the Chamber of Commerce.

Newcomers' Club: The Newcomers' Club provides support and social activities for women in Los Alamos and White Rock. Visitors from abroad are welcome; those who have difficulty with English or need help adjusting to the community receive special attention. Besides teas and interest groups, the Newcomers' Club sponsors play groups for children and a babysitting cooperative. The club focuses on the needs of women new to Los Alamos but includes husbands and families in some of its activities. For the number to call, inquire at the Chamber of Commerce.

Que Pasa: Expressly for single people, this organization, a subclub of the Laboratory's Club 1663, plans social events, recreation, and cultural activities for all unmarried members of the community. Employment at the Laboratory is not required. For more information, call Club 1663.

Cultural groups: Chinese, French, and German social groups offer an opportunity to meet with others who speak these languages. For information about these and other cultural groups, call the Chamber of Commerce.

Social customs

Dress

Community standards: In Los Alamos, people dress informally, wearing what is sensible for the season. For every time of year, dress is casual, comfortable, and practical.

Americans wear their street shoes inside the house. Except for muddy or snowy boots, they do not remove shoes at the door.

At school: The public schools set standards to ensure that students dress appropriately, but uniforms are not required. Girls wear either pants or skirts.

At work: At Los Alamos National Laboratory, men usually wear slacks and sport shirts without a tie; suits are rare. Women's clothes are comfortable and appropriate for their work. High-heeled shoes, stockings, and a suit are not required; pants are acceptable.

At restaurants: Establishments that sell food usually require patrons to wear shoes and a shirt, items people sometimes go without in summertime. Otherwise, standards at local restaurants are informal. Men may feel comfortable wearing a tie at some of the more expensive restaurants in Santa Fe, but ties and jackets are rarely mandatory. Dress at restaurants is a matter of personal choice for both men and women.

At the swimming pool: American dress standards at public swimming pools are more conservative than those of some other cultures. Nudity is not acceptable, even for small children, although little girls may be topless. Dressing rooms are segregated by sex. If you have a child in diapers, inquire about dress policy; it may vary from pool to pool.

At the shops: Jeans, shorts, or pants are perfectly suitable for shopping in Los Alamos.

At church services, weddings, and funerals: For formal social occasions, men wear a sports jacket or suit; women wear skirts or dresses.

For evenings out: At most, men need nothing more formal than a sports coat or suit and tie; women will find a dressy short-skirted dress worn with heels and stockings adequate for any evening invitation. Occasionally, women wear long skirts or dresses to the opera or a party.

Clothes for cold weather: Wear several layers of clothes instead of one heavy garment and remove them as you become warm. Modern fabrics, designed to keep moisture away from the body while being lightweight and thermally efficient, allow flexibility and versatility in winter dress.

Layering techniques: Wear underwear designed to maintain a comfortable temperature next to your skin. Over that put a shirt and pants that absorb moisture and provide some insulation. Next, wear a layer of insulated clothing. The last layer should be a lightweight jacket to protect against wind, rain, and snow. Sporting goods stores can demonstrate the functions of different fabrics and types of winter clothing.

Smoking

Smoking customs: Smoking is less acceptable than it once was in America. In many public places, especially in enclosed areas, smoking is forbidden. Restaurants often segregate smokers from nonsmokers. Observe "No Smoking" signs, and ask before you smoke in a private home.

At the Laboratory: Los Alamos National Laboratory prohibits smoking in low-ceiling (one-story) conference rooms and restricts smoking in larger auditoriums to well-ventilated areas.

At public meetings: In Los Alamos County, smoking is prohibited in county meeting rooms during public county meetings. The county, through a formal resolution, discourages smoking in enclosed public areas and suggests that smokers stop smoking if requested.

Legal age: The legal age for buying cigarettes is eighteen.

Tipping

We tip waiters and waitresses, barbers and beauticians, taxi drivers, and porters who carry our luggage or call a taxi. We do not tip gas station attendants, airline personnel, or airport bus drivers. It is not necessary to tip apartment house

managers or people who make repairs or deliver mail or packages to your door. Give 15 percent of the bill if service has been good, and *between \$0.50 and \$1.00* for each bag or suitcase.

Etiquette

Manners

Americans' manners are almost as informal as their clothes. The growing independence of women and older people is reducing the amount of ceremony in our relationships. Changing standards for acceptable behavior, as well as details covering every social situation, are documented in several publications listed below.

Although good manners vary from country to country, the intent to be polite is usually clearly recognized. It is always acceptable to behave as you would in your own country if you are in doubt about accepted procedures here. Los Alamos residents, like most Americans, are tolerant of, and enjoy learning from, other cultures.

References

Books about American etiquette are on the reference shelf of Mesa Public Library. Some of the most popular and up-to-date are *The Amy Vanderbilt Complete Book of Etiquette* and *Emily Post's Etiquette*. Local newspapers carry daily columns of advice that offer insights, sometimes amusing, into current middle-class American mores.

Names

Family names: We identify ourselves with our family name, which is our last name, or surname. Visitors whose family name is not the last name will find Americans confused about how to address them. Unless you explain, you will be addressed by the last of your names and listed that way in directories.

Forms of address: Traditionally, men are addressed as *Mr.* (mister) plus their family name; married women are addressed as *Mrs.* (missus) plus their husband's family name. Single women are identified by their father's family name, preceded by the word *Miss*. In recent times, changing customs have altered the way some people identify themselves. Married women, for instance, may retain their father's family name instead of adopting their husband's. Both married and single women often prefer *Ms.* (miz) to Miss or Mrs. because *Ms.* does not denote marital status.

Titles and first names: In both social and business circumstances, Americans are apt to be informal and friendly. Designations such as Mr., Mrs., and Miss are often dropped entirely; Americans are quick to call each other by their first names. Except for physicians and dentists, titles (such as Dr. for a person who has earned a doctorate) are used only in formal situations. An etiquette book will explain proper forms of address, but visitors should not worry unduly; social status is not emphasized in the United States.

Introductions

At social gatherings, most Americans wait to be introduced rather than going around the room on their own to shake hands and introduce themselves. Men always shake hands when they first meet and again when they say goodbye, but women often do not shake hands with either men or other women when they are introduced or when saying goodbye. Men usually stand when a woman enters the room, but women stand only when someone of unusual importance or age enters. Neither men nor women bow.

Greeting others

At work: People greet their coworkers at the beginning of the day but do not shake hands either then, or when they enter and leave during the day, or at the end of the day.

Greeting close friends: Americans who know each other well may greet each other publicly with a hug, but the custom of brushing each cheek lightly is not common.

Answering the phone

People may identify themselves when they answer the phone at work, but at home the usual response is simply "hello." We do not answer our phones by repeating our telephone number.

Queuing up

We wait in line whenever a crowd of people gathers. Breaking into the line ahead of others is considered discourteous.

Closing doors

Americans keep the doors to their offices or to the rooms in their homes open unless they specifically wish privacy. An open door means you are welcome to walk in. A person who keeps his or her door closed most of the time may be considered aloof. Knock on closed doors unless a sign invites you to come in. A closed bathroom door usually means someone is inside; otherwise, it will most often be left ajar.

Saying goodbye

Americans often end an encounter by inviting the other person to come by and see them, or to drop by any time. Visitors sometimes complain that the speaker is not sincere. Although these sentiments are not specific invitations, they indicate a genuine desire on the part of the speaker to continue the relationship. If an American invites you to drop by, he or she is indeed indicating friendliness, but in most cases it is understood that you will call to arrange a convenient time to meet again.

Friendship, American style

Visitors sometimes feel that Americans are quick to offer friendship but then ignore them. In other cultures, people often keep much closer track of each other. Neighbors watch each other's activities and involve themselves in each other's lives. Here, you will be left alone. This attitude is not unfriendliness but results from a long tradition of individual independence and noninterference. Although your privacy will be respected, you will find your American neighbors quick to help should you ask them.

Eating customs

Eating at a restaurant or a private home in another country quickly demonstrates that customs surrounding this universal habit vary considerably. Some of the social graces regarding eating in America are listed below.

Meals

Kinds: Dinner (or supper), served after the work day is over, is the main meal of the day. Lunch is usually a quick meal made of simple foods, often cold. American breakfasts frequently are substantial.

Mealtimes: Americans tend to eat early in the evening. Dinner for the family is usually served by five-thirty or six. Often meals are merely something to dispense with before going on to another activity (hence the popularity of fast-food restaurants, some of which serve patrons in their cars or have a drive-up window where food to take away can be purchased from a vehicle).

At a restaurant

Hours: Restaurants usually do not serve meals after 9:00 or 10:00 in the evening.

Reservations: More expensive restaurants require reservations. Call popular places several days ahead, especially during the tourist season. Restaurants that cater to families usually accept patrons on a drop-in basis and provide high chairs and special seats for infants and young children.

Menus: The custom of posting the menu outside a restaurant so prospective customers will know what to expect is not universal here, but you may always ask to see a menu before deciding where to dine.

Take-out service: Most restaurants do not offer take-out service, although some oriental and fast-food establishments do.

Service charges: Except when there are a large number of people in one party, charges for service are not automatically included on your bill. The amount you tip for service received is up to you; 15 percent is adequate. Leave the tip on the table or add it to the bill if you pay with a check or credit card.

Other charges: Some restaurants impose a minimum charge on customers. That means your bill will be at least the minimum stated, even if you order only a cup of coffee. A cover charge, most common at restaurants where live entertainment is provided, is in addition to the cost of food and drink.

Alcoholic beverages: Only restaurants that have liquor licenses may sell alcoholic beverages. Most restaurants that serve wine have a house wine, or open wine, which may not be mentioned on the wine list. House wines are sold by the glass and by half and full liters, but not in tenths of liters.

Smoking: Many restaurants segregate diners in smoking and nonsmoking areas.

Leftovers: If you cannot finish your meal, you can take the leftovers home. Most restaurants provide special containers (called "doggy bags") for this purpose.

In an American home

Americans traditionally entertain visitors in their homes rather than at a restaurant. The invitation always includes spouses. Dinner parties generally start at 7:00 or 7:30. In Los Alamos, guests are expected to arrive close to the time the invitation is offered, not "fashionably late."

The order of the meal: American meals usually start with a cocktail hour that may include fruit juice or soft drinks, cocktails, beer, wine, or sherry, and hors d'oeuvres. Dinner is often a single course: all the dishes are served at the same time, sometimes on one plate, followed by dessert. More formal meals are served in several courses. For large crowds, dinner may be buffet style; guests help themselves to various dishes and eat dispersed around the room.

Where to sit: For sit-down meals, place cards may direct each guest to a specific seat, or guests may be invited to find their own place. Special guests may be seated

to the right of the host or hostess, but otherwise, in informal situations, no significance is attached to the seating arrangement. *American men often seat female guests at the table; that is, they lead a woman to her chair, pull it out for her, and, after she is seated, help her push the chair back in.*

Table settings: American table settings vary somewhat from the pattern used in other countries. An etiquette book will give details, but as a general rule, first use the utensils on the outside of the place setting and work your way in with each succeeding course. We usually serve water with dinner, even if other beverages are offered. Napkins are always set by each place and should be put on one's lap, not left on the table. Often we provide a special plate for bread and butter; otherwise, put your bread on your dinner plate, never directly on the tablecloth.

Eating: Unless they are left handed, most Americans transfer their fork to their right hand after they cut up food. They keep their free hand on their lap, or, at most, rest their wrist on the table—an elbow on the table is considered ill mannered.

When to begin: Americans do not signal the moment to begin eating by wishing each other a good appetite. After you have been served, watch your hostess. When she picks up her fork, you may follow suit. Normally, no one eats until everyone is served, but if there are many guests the hostess may urge people to begin before their food gets cold. In some homes, families say a prayer, or grace, before the meal begins.

Children: Children are included in an invitation for dinner only if they are specifically mentioned. Except for early family dinners, children normally stay at home with a babysitter.

Gifts: Gifts are not expected, but bring candy or a bottle of wine if you like. The tradition of bringing flowers is not as strong here as elsewhere because they are often hard to obtain. No significance is attached to the species of flower.

Saying thank you: Verbal thanks given at the end of the evening are adequate, but for special occasions, phone the next day or send a written note.

Miscellany

Cooking in Los Alamos challenges those who are used to different foods and to different methods of measuring and preparing them. Our altitude also affects the way we cook.

Finding what you like to eat: Because of demand from visitors from other cultures, Los Alamos grocery stores sell a surprising variety of ethnic foods. Chapter 14 suggests other sources.

Food preparation: Americans measure, rather than weigh, ingredients. It is easier and faster, when cooking with American recipes, to use measuring cups and spoons rather than converting quantities to weights. Buy inexpensive measuring cups and spoons.

Conversions: Oven settings and, of course, the method of measuring temperature also differ here. Conversion charts for oven settings, for weights and measures, and for transposing Celsius values to Fahrenheit are listed on the inside back cover of this handbook.

Altitude: Because the atmospheric pressure is less at our altitude than at sea level, water boils at a lower temperature, breads and foods like soufflés rise more rapidly, and recipes for baked goods such as cakes need adjusting.

Adjustments: Visitors notice that soups and coffee or tea are not as hot here as they are at lower elevations. In Los Alamos, water boils at 198 degrees Fahrenheit (92.3 degrees Celsius). Increase total cooking time by one-fourth when you boil eggs or simmer or braise meats and vegetables.

To determine the correct temperatures for deep-fat frying and for cooking candies and frostings, decrease the temperature in the recipe 2 to 3 degrees Fahrenheit for each 1000 feet of elevation.

Recipes for baked goods require several adjustments. You will need to experiment, but in general,

- use all-purpose flour rather than cake flour; use high-altitude flour (available at grocery stores) if possible;
- add an extra egg to increase strength and decrease dryness;
- reduce the amount of baking powder called for by one-fourth;
- increase oven temperature by 25 degrees Fahrenheit;
- decrease sugar by 2 or 3 tablespoons for each cup called for;
- increase liquid by 3 or 4 tablespoons for each cup of liquid required;
- add 3 tablespoons flour to the total called for;
- reduce shortening, usually 1 teaspoon per cup for each 1000 feet of altitude;

- use less yeast for breads, or decrease rising time. Use only enough flour to make a dough that handles easily.

Where to get help: The Los Alamos Cooperative Extension Service (more fully described in part III) issues free brochures describing high-altitude cooking techniques and recipes. The home economist at the Extension Service periodically offers cooking classes and will answer questions about using American appliances.

Watch for advertisements in the local newspaper for cooking classes offered by private instructors.

At Mesa Public Library, look under "cookery" and "high-altitude cooking" in the subject catalog for helpful books.

Hints: Favorite recipes from home may not taste quite the same here. Differences in ingredients cause subtle changes. (American flour, for instance, is not made from the same variety of wheat that is grown in northern Europe.)

Take advantage of the large refrigerators and freezers in American homes. The extra refrigerated space allows you to purchase and store foodstuffs on sale in quantity, to shop for several days' groceries at a time, and to bake ahead and freeze many main dishes, desserts, and breads. Enjoy sightseeing or participating in the classes and activities offered in Los Alamos with the time you save.

Time

Telling time: The twenty-four-hour system for telling time is used in America only for train schedules and in the military services, and most Americans are not familiar with it. Hours from midnight to noon are designated a.m.; those from noon to midnight, p.m. Midnight is written 12:00 p.m., and noon is written 12:00 noon or 12:00 m. In America, a colon rather than a period is used between hour and minutes.

We describe the time halfway between one hour and the next as half past the earlier hour. Three-thirty (3:30), for instance, is "half-past three" rather than "half four," a term used in some countries.

Time zones: New Mexico is in the mountain time zone. Telephone directories contain maps of time zones across the United States.

Daylight saving time: We move our clocks forward one hour at the end of April and back one hour in October.

Provisions for the handicapped

All public buildings have access for people in wheelchairs, and public toilets usually have a stall to accommodate the handicapped. In front of government buildings and in many shopping areas, parking spaces are reserved for cars carrying handicapped people. People without handicaps or handicapped passengers must not park in spaces outlined in blue and bearing the international symbol for a handicapped person.

American English

Most people who learn English as a second language learn British, not American, English. American English differs from the British in expressing humor and sarcasm and in vocabulary, which sometimes causes confusion or misunderstanding. Classes in English as a second language usually help; sometimes courses are offered in idiomatic English specifically. Chapter 7 describes how to find classes in English as a second language.

Pets

Regulations: Chapter 2 describes health rules and other restrictions regarding pets. County ordinances limit the number of pets per household, regulate the control of pets in public areas, and require that dogs be licensed. For additional information, call Los Alamos County.

Health and boarding services: Veterinarians in Los Alamos and the surrounding region provide medical services for animals and board pets. Look in the yellow pages under *Veterinarians*.

Precautions: Dogs in this region should be examined for heartworm, which is transmitted by mosquitoes. Preventive medicines control spread of the disease.

Public toilets

Where to find them: Many American communities do not maintain public toilets, but you will find them in most buildings open to the public such as government offices, museums, and libraries, as well as in restaurants and large department stores. Gas stations usually provide toilets for their patrons; often you must ask for a key.

How they are labeled: Men and women use separate public toilets. Toilets are marked not by a universal international symbol but by any one of a variety of signs and labels. Most frequently, toilets are marked *Men* or *Women*.

What to ask for: A common euphemism for toilet is *restroom*. Other euphemisms are *public conveniences*, *comfort station*, *powder room*, *men's room*, or *ladies' room*. Americans rarely use the term *water closet* or *w.c.* Most

commonly they will ask for the *bathroom*.

Cost: Most public toilets are free and have no attendants. If there is a fee, it will be very small and collected in a coin box that controls the lock to the door of the toilet stall. Soap and paper are normally provided.

Culture shock

Moving to a country with unfamiliar customs and a different language is both exciting and stressful. It is a rare family that does not encounter some kind of cultural adjustment. Most thrive, but strains are inevitable.

Definition

Culture shock is a complex syndrome whose symptoms include depression, anger, irritation, and annoyance with the host country. It is caused partly by the loss of the subtle social clues that help people respond appropriately, integrate their experiences, and relate to others. Insignificant variations from customs in one's own country and small frustrations that develop when cultural expectations are not met culminate to produce stress.

Treatment

To deal with culture shock, understand what it is and why you feel the way you do. Take positive steps to diminish negative effects. Learning English as well as you can and studying the community, its history, and its customs will make our way of life more comprehensible. Participate actively in social groups, take classes, and volunteer your time at schools, churches, or other community organizations.

The first part of this chapter describes groups and services organized to help newcomers become acquainted with this community, chapter 12 lists other kinds of support, and part III tells about sports and other activities.

Volunteers are always needed and appreciated. To volunteer your time, call the Retired Senior Volunteer Program, which coordinates volunteer activities in Los Alamos. You need not be retired or over sixty to receive information.

Mesa Public Library loans books on Los Alamos and the Southwest, and the Historical Museum (as well as local bookstores) sells titles about local and regional history, arts and crafts, natural history, and cooking.

**Los Alamos County Cooperative
Extension Service**
475 20th St.
(Community Building)
662-2656

**Retired Senior Volunteer Program
(Fuller Lodge)**
662-4544

**For information about animal-control
regulations:**
Los Alamos County
662-8080

**Los Alamos/White Rock Chamber of
Commerce**
662-8105

Animal licenses
662-8070

Club 1663
667-1663

Chapter 17: Precautions

Los Alamos is a safe, pleasant place to live. The lack of crowding and pollution, the low density of traffic, and the healthful climate make life here less stressful than in many other places. This list of hazards and the precautions you should take is not meant to make Los Alamos seem hostile but is rather to alert you to possible differences between the Southwest and your home.

Traveling

Precautions

To those unaccustomed to driving in western states, distances can be deceptive. Gas stations are often far apart. Keep your vehicle's tank filled with gasoline and carry basic tools. Do not travel on isolated dirt roads unless you know you will have an opportunity to buy gas, or carry extra with you. Watch the weather; dirt roads can become impassable with mud during summer rainstorms. Inquire locally about conditions.

Rest stops

The state maintains rest stops for motorists at intervals along interstate highways. They are equipped with toilets, water, tourist information, and picnic sites but do not have restaurants, gas stations, newsstands, or motels.

At night, stay in commercial lodgings or official campsites. Do not pull off alongside the road.

Water

Water supply

All the water delivered to homes, businesses, and public drinking fountains in Los Alamos is treated by modern methods and tested daily. Some water used to irrigate public lawns and playing fields is nonpotable; warning signs are posted.

Do not drink water from streams, lakes, or any other source in the wilderness without first treating it yourself. Chapter 22 describes the dangers of polluted water and how to circumvent them.

Water conservation

Water is scarce in the Southwest. Residents try to conserve it and teach their children to use it wisely. Los Alamos water comes from deep, natural aquifers (water-bearing rocks) that take many years to replenish.

Altitude

Oxygen

At our altitude (7300 feet or 2225 meters), air contains about three-fourths the oxygen present at sea level, so less oxygen is available to blood and tissues. Fortunately, our bodies compensate by increasing the number of red blood cells, which trap oxygen.

Effects of altitude

Adjustments: During the period of adjustment, which may be a week or more, visitors from lower altitudes may experience mild headaches, fatigue, and sleeplessness. Because the brain is sensitive to oxygen levels, you may feel lightheaded, confused, or dizzy at first. Alcohol will affect you more quickly here than at lower elevations. Some people notice disturbances in their heart rhythm and shortness of breath. For healthy people, these symptoms should not be frightening; they disappear soon. People with hypertension, heart problems, or lung disease should consult a doctor before moving to Los Alamos.

Effects on older people: Older people may find that their capacity for physical activity is reduced and that recovery after exertion takes longer than at sea level.

Precautions: How well you adjust to higher elevations depends on your age, physical fitness, and the amount of exercise you get. During your first few days here, do not overexert yourself and get plenty of rest.

Mountain sickness: Mountain sickness is usually associated with altitudes higher than 9000 feet (2743 meters). Its symptoms, which are severe, are described in chapter 22.

Altitude and automobiles: Altitude affects automobiles as well as people. Your carburetor will need more oxygen too, and your car will lack pep until it is adjusted. Tires will register higher inside pressure because there is less outside pressure.

Altitude and packages: Tightly sealed packages swell when they are brought from lower to higher altitudes. There is nothing wrong with food whose packing is swollen because of differences in air pressure. (Food in swollen cans, however, should never be eaten; that swelling is caused not by a change in pressure but by bacteria that produce a dangerous poison.)

Cooking at high altitudes: The considerable effects of high altitude on cooking are discussed in chapter 16.

Dryness

Effects

The dry air associated with our altitude affects people, wood furniture, and musical instruments, especially during winter when the cold air holds little moisture and heating systems further reduce humidity.

Low humidity can cause dry skin, chapped lips, and frequent nosebleeds. Treat dry skin with liberal applications of lotions and moisturizers. The capillaries in the nose break more easily when they become dry. For nosebleeds, an ointment may help, but apply only a little and do not inhale it; it will irritate your lungs.

You will often feel thirsty in our high, dry climate. Increase your intake of liquids to prevent dehydration.

Humidifiers

Use a humidifier (sold at pharmacies, hardware stores, department stores, and through mail-order houses) to add moisture to the air. Humidifying your house helps prevent nosebleeds and relieves the hoarseness or coughing sometimes caused by dry air. A humidifier is good for your furniture and musical instruments, too.

Electric shocks

When the air is dry, people often experience small shocks from static electricity when they touch another object. Rubber-soled shoes reduce the potential for receiving such shocks.

Allergies

Some local plant pollens can cause hay fever and asthma, although it takes several years to become sensitive to them. Symptoms are normally controlled with antihistamines and eye drops. Physicians can treat severe allergies.

Sunshine

Effects

Too much sunlight damages skin, causing aging, wrinkling, sun spots, or skin cancer. Because of our elevation and our southerly latitude, we receive a lot of ultraviolet radiation, a major contributor to skin damage. Protect yourself and your children by taking the following steps.

Precautions

Avoid overexposure: Ultraviolet radiation is strongest between 11:00 a.m. and 3:00 p.m. Stay out of the sun then if you can.

Cover your skin: Wear a hat and cover your arms and legs. Children who spend long hours at a swimming pool should wear T-shirts over their bathing suits.

Use a sunscreen: Apply it liberally and often.

Other problems

Skin cancer: Because skin cancer can be recognized and treated in its early stages, its cure rate is extremely high. See a doctor at once if you develop a skin lesion such as a mole, blemish, or sore that does not heal.

Cars and heat: Keep car windows partly open. Never leave children or pets in a closed automobile during the summer months. The internal temperature of a car in the sun with its windows rolled up can kill the occupants.

Cliffs and rocks

Approach cliff edges with caution. The rock may be crumbly or loose. Be careful when taking pictures near cliffs; you can lose your balance when you look through a camera or binoculars. Never throw rocks off cliffs; someone may be below. Do not climb rocks or cliffs without proper training and equipment (chapter 22 describes how to find instruction in outdoor sports).

Lightning

Lightning is common during summer thunderstorms. It can injure or kill a person or start a forest fire. Learn what to do if you are caught in a lightning storm (suggestions follow) and teach your children the same safety procedures.

Safety procedures

Indoors: Avoid doorways and open windows. Do not touch plumbing fixtures, electric wiring, telephones, or radio or television sets.

Outdoors: Stay away from high, exposed ridges and isolated trees. Avoid large bodies of water such as lakes or swimming pools. Horseback riders and bicyclists should dismount and find shelter or lie down. The safest place to be during a lightning storm is in a closed car.

Precautions

To calculate how far away lightning has struck and whether the storm is moving away or toward you, count the seconds that elapse between the flash and the resulting thunder. Sound travels about 1100 feet or 335 meters per second through the air. Estimate the time between lightning and thunder when you are outside and take precautions if the interval becomes shorter, an indication that the storm is moving closer.

Flash floods

Dangers

Flash floods are another summertime hazard related to thunderstorms, but they may occur many miles from the actual rainfall. If you are in a car, watch for flooding at highway dips, bridges, and low areas. Never attempt to cross if you do not know how deep the water is. The road surface may be washed away and water may short your car's spark plugs, stalling the engine. It is safest to wait until the water subsides.

Precautions

Choose hiking routes carefully: If you are hiking, avoid narrow canyons during the thunderstorm season. Flash floods attain tremendous speed and height between canyon walls.

Keep your brakes dry: If you drive through puddles, pump your brakes a few

times to make sure they still work. If they do not, shift into low gear and drive slowly, holding the brakes on lightly, until friction dries them.

Poisonous plants

Precautions

Be cautious: Some species of both wild and cultivated plants in this region are poisonous. Regard all plants as potentially toxic until you are sure they are safe. If anyone eats part of an unknown plant, keep a sample for accurate identification. For assistance, call the New Mexico Poison Center any time day or night.

Be wary of mushrooms: Do not eat any wild mushroom unless you are sure it is safe. The public library has guidebooks, but there is no office where you can go for immediate and positive identification.

Plant Identification

The best protection against accidental plant poisoning is to learn about the plants in your home, yard, neighborhood, and surrounding areas. The public library has books that identify both domestic and wild plants. The Cooperative Extension Service will try to identify samples and will send away to be identified any plants the staff does not recognize.

Harmful plants

Some nonpoisonous plants on the Pajarito Plateau also bring grief to the unsuspecting. Poison ivy, a shrub with glossy leaves in threes, contains an oil that causes skin eruptions if the plant is handled (wash affected parts of the skin with strong soap and water). Cactus spines painfully prick the misplaced hand or foot (tweezers will remove them). Cockleburs attach themselves to clothing and to hands that try to pull them off; use a comb instead of fingers to pry them away. Yuccas, known to the Spaniards as bayonet plants, have sharp, pointed tips to stab the unwary. Nettles sting.

Wildlife

Los Alamos and White Rock have a varied wildlife population that usually coexists peacefully with humans. Creatures that can cause harm are rarely seen but are described here so visitors will know what to watch for.

Snakes

Rattlesnakes: Of the snakes that inhabit this area, only the rattlesnake is poisonous. It can be identified by its broad and roughly triangular head, which is unlike that of any other snake. Rattlesnakes avoid human contact and strike only when disturbed; they usually produce a distinctive buzzing sound or rattle as warning.

Habitat: Rattlesnakes are occasionally seen in White Rock, in Bandelier National Monument, and in the forests around Los Alamos. Although we associate them with desertlike areas, they range to 11,000 feet (3352 meters) in the western United States.

Precautions: Rattlesnakes cannot regulate their internal temperature. In hot weather they are most active at night, so use a flashlight if you are picnicking after dark or camping. During the day, rattlesnakes avoid direct sunshine by resting in shady places. Watch where you put your hands and feet; never reach where you cannot see. Go around, rather than over, large rocks and logs to make sure a snake is not resting on the other side. Be careful when climbing rocky cliffs; do not put your hands on a ledge above eye level without knowing what is there.

Rattlesnakes are inactive in cold weather but occasionally we encounter them sunning in a protected location.

Rattlesnake bites: Because they are smaller, children are more affected by rattlesnake bites than adults. Teach your children the proper precautions. Remember the likelihood of being bitten (or of even seeing a rattlesnake) is extremely small and the chance of complete recovery with proper treatment is extremely high.

Other small animals

Of the various creatures that crawl about the landscape and look threatening, such as tarantulas, other spiders, scorpions, and centipedes, only a few are potentially dangerous, and they are rarely encountered. Their possible presence should not dampen your enthusiasm for the outdoors. Although these animals are infrequently seen, knowledge of their habits will prevent unnecessary confrontations.

Spiders: The black widow and the brown recluse are the only spiders in our area that have venom poisonous to humans. Both are found in manmade environments,

but both are retiring and unaggressive. Be careful when poking around stacks of wood, piles of debris, and the dark corners of garages and attics. The webs of both spiders are distinctively irregular, untidy, and ungeometric. Black widows, which are active primarily at night, are easy to identify. The adult female is shiny black with a bright red marking on her abdomen. Only the larger, dark females produce sufficient venom to be dangerous. Brown recluse spiders have a violin-shaped marking on the upper side of the thorax.

Tarantulas are large and hairy; their leg span may be 6 or 7 inches (15 to 18 centimeters). Although they look dangerous, they are virtually harmless. The effect of their venom on humans is about the same as that of a bee sting. You might see a tarantula in the summer, crossing a road, but they tend to be nocturnal.

Scorpions: Scorpions are seldom seen; they are secretive and usually hunt at night. All scorpions are venomous, but their toxin is not strong enough to endanger humans. The only lethal species has not been reported in this area. Watch for scorpions under rocks and piles of wood, in abandoned buildings, and in crevices. If you are camping, shake out your boots before putting them on.

First aid

A guide that combines information about natural history and first aid procedures in the wilderness is *The Sierra Club Naturalist's Guide to the Deserts of the Southwest* by Peggy Larson (1977), available from Mesa Public Library.

Larger animals

The wildlife of Los Alamos includes coyotes, skunks, raccoons, porcupines and smaller rodents, deer, and bats. Elk roam the surrounding forests, and bears occasionally appear. None of these animals are dangerous unless provoked, but some are a nuisance. Do not leave food outside where it will attract animals, and never try to feed them by hand.

Coyotes: Coyotes venture into neighborhoods near canyons and will kill domestic cats. Keep your cat indoors at night.

Skunks: Skunks visit Los Alamos gardens on summer evenings in search of insects and will spray a pungent, malodorous fluid at humans or animals that venture too close. The spray is harmless, but its extremely obnoxious odor is long lasting.

Porcupines: Porcupines live in our conifer forests and usually keep well out of sight. Contrary to popular belief, they cannot shoot barbed quills. Porcupines are slow moving and easy to avoid, but dogs are occasionally badly hurt in encounters with them.

Deer, elk, and bear: Deer sometimes become pests and browse on young shoots in vegetable gardens, but usually they keep to the woods. Elk roam the high country. Black bears (whose color ranges from black to cinnamon brown) occasionally come to the outskirts of town in search of garbage; almost always, they stay in the back country, away from humans. There are no grizzly bears in New Mexico.

All wild animals should be treated respectfully. They may attack if threatened or frightened. Bears in search of food or accompanied by cubs can be particularly dangerous. Campers should suspend their food from trees at night. Books describing the animals of this area, such as *Mammals of the Southwest Mountains and Mesas* by George Olin, are available at Mesa Public Library.

Animal-borne diseases

Infected animals can transmit rabies and bubonic plague to humans and household pets. Rabies (hydrophobia) can be transmitted by bats, skunks, raccoons, and coyotes. Bubonic plague, which is endemic in the rodent population in the Southwest, can be passed to humans by fleas from infected animals.

Precautions

Stay away from sick or dead animals, particularly rodents. A wild animal that allows you to come close is not behaving normally and may be ill. Report any bite from a wild animal, and keep your pets dusted with flea powder. If possible, prevent cats from hunting rodents from May to October. See a doctor if you develop a high fever or swollen glands within a week after camping. If you experience these symptoms after leaving here, tell a doctor you have been in New Mexico and suggest a test for plague. Because doctors in many areas do not encounter plague, they fail to consider it a diagnostic possibility.

Treatment

Both rabies and plague, once greatly feared, can usually be treated successfully if prompt medical attention is obtained.

Winter hazards

Our winter storms bring snow and below-freezing temperatures. Knowing how

to dress for our climate and how to drive in winter conditions will reduce the hazards caused by the cold.

Frostbite

You will be most comfortable if you wear several layers of clothing instead of one heavy garment. If you spend much time outdoors, be aware of frostbite, the effect of extreme cold on the body. It can damage skin tissues severely and usually affects extremities: ears, nose, hands, and feet. Frostbitten skin is numb and unnaturally white; early symptoms include tingling, numbness, and pain.

Snow and ice

A snow shovel is standard winter household equipment. Keep your driveway and walkways shoveled and clear away ice to prevent falls. Salt preparations (available at hardware stores) will melt icy spots, but the chemicals can poison plants and soil. Some fertilizers will also melt ice.

Winter driving

Techniques: If you have never driven on snow-covered roads before, practice in a snowy (and empty) parking lot. Learn how to straighten out a spin by turning the steering wheel in the direction the rear of the car is sliding. On the road, test your brakes frequently at low speeds to determine whether, and how far, you will skid if you have to stop. Keep your speed down and watch for other cars that may unexpectedly spin or skid in front of you. If you get stuck, do not spin your car wheels; doing so only makes the situation worse.

Road hazards: Roads are most slippery at 32 degrees Fahrenheit (0 degrees Celsius), when water on top of ice makes driving conditions extremely dangerous. Snow on roads often melts in the daytime and refreezes at night. Bridges and overpasses freeze before the rest of the road because air is cooling them from both above and below. Shady underpasses may have icy spots.

Equipment: Although the county clears, sands, and salts the main thoroughfares (and secondary roads when possible), during snowy months county crews cannot keep the roads completely free of ice and snow. Drivers should equip their cars for safe winter travel. People who drive with inadequate equipment and cause accidents or block roads may be fined. In wintertime, carry chains and make sure your car has tires that grip snow well. Keep a shovel in your car and carry sand or newspapers for traction if you get stuck. Flares and a flashlight should be standard equipment.

Maintenance: Prepare your car for winter weather. Put antifreeze in the radiator and use a windshield-washer fluid containing an antifreeze solution (do not use engine antifreeze for windshield wipers). Make sure the viscosity of the engine oil is suitable for cold weather; oil appropriate for summer temperatures may be too heavy. Keep ice and snow from accumulating under the fenders. To keep them from freezing, inject car locks with a deicer or glycerine. If locks do freeze, heat your key before inserting it.

Precautions: Do not use your parking brake when there is a possibility it could freeze. Block the wheels instead.

Winter travel

Listen to the weather reports on radio or television before you travel in wintry weather to learn if warnings, or travelers' advisories, have been issued for particular areas. For up-to-date information about road conditions, call 983-0120.

New Mexico Poison Control Center
(Call toll free from Los Alamos)
1-800-432-6866

Road conditions
983-0120

Chapter 18: Legalities

Constitutional protections

The Constitution of the United States explains how our laws are passed and how our court system operates to ensure that every citizen receives equal treatment. The first ten amendments to the Constitution, known as the Bill of Rights, further protect the people of the United States. Visitors enjoy the same safeguards as citizens.

Your rights

To summarize briefly, while you live in the United States you may practice any religion, speak freely, and meet peaceably with other people. Your liberty and privacy are protected by law; you cannot be arrested or your home searched without a warrant from a judge. You cannot be tried twice for the same crime or be forced to say anything to injure yourself. If you are arrested, you will be given a

public trial by an impartial jury as soon as possible. You will hear the charges against you so you can prepare your defense, and you will have a chance to see, hear, and answer witnesses who speak against you. The government must, if necessary, bring witnesses to court who can help you and pay a lawyer to defend you if you cannot afford the fees. You are protected from excessive bail (bail is money deposited with the court after an arrest to ensure that the accused person will return for trial) and from cruel or unusual punishment.

References

Your Rugged Constitution by Bruce and Esther Findlay (1969) explains the American Constitution and the Bill of Rights in simple English. You may borrow it from Mesa Public Library.

Minors and the law

In the United States a person reaches legal adulthood at eighteen. (The drinking age in New Mexico, however, and in most other states, is twenty-one.) New Mexico's judicial system includes a written children's code that gives certain protection to minors accused of offenses, and a children's court tries children under eighteen. There is one exception: minors who violate the law while driving a vehicle are treated as adults.

Liquor laws

Regulations

Legal drinking age: The legal drinking age is twenty-one. Minors who try to buy alcohol are breaking the law, as are people who sell them alcohol.

Minors and drinking: Minors accompanied by a parent, guardian, or adult spouse may be served alcoholic beverages.

Buying alcohol: The state regulates the sale of alcohol. Liquor stores, bars, and restaurants must be licensed to sell alcoholic beverages. In New Mexico, packaged alcoholic beverages may not be sold on Sundays or on election days, nor may bars be open then. (On other days of the week, bars are open until 2:00 a.m.) Alcoholic beverages can be sold by the drink on Sundays at licensed restaurants in certain cities, including Los Alamos.

Drinking and driving: Drinking while driving is a serious offense. It is discussed more fully below.

Customs

Alcoholic beverages are not sold at Laboratory cafeterias, nor are they served at official school functions.

Drug, gambling and other laws

Penalties for possession or sale of illegal drugs are severe. Possession of even very small quantities of marijuana (less than an ounce, or 28 grams) is against the law.

Betting at horse races is legal in New Mexico. Other types of gambling generally are not.

Prostitution is illegal.

Driving laws

The driving laws and customs that can be misunderstood or confusing to visitors are discussed in this section. For a more complete description of driving laws, see the *New Mexico Driver's Manual*, available from the Department of Motor Vehicles.

Seat belts

For the public: Adults are not currently required to use seat belts. If you have an accident and are not wearing one, however, you may lose some insurance benefits. Children up to age eleven must be restrained in an infant seat or by seat belts. There is no restriction on the number of people who sit in the front seat as long as the driver is not obstructed.

Laboratory rules: Laboratory employees using Laboratory vehicles, or on travel for the Laboratory, must use seat belts during business hours.

Speed limits

Maximum driving speeds are limited by law. The maximum speed limits are 15 miles (24 kilometers) per hour within posted school zones, 25 miles (40 kilometers) per hour in residential and business districts, and 55 miles (90 kilometers) per hour on open roads, unless posted otherwise. Never drive faster than is safe for road conditions. Police monitor vehicle speeds on public roads with radar, sometimes from airplanes.

Right-of-way

Automobiles: Normally when two cars simultaneously enter an intersection that has no traffic lights, priority or right-of-way belongs to the car on the right, but

there are important exceptions to this rule. If you enter a street or highway from a side road or a private drive, you must yield the right-of-way to cars on the street or highway, even if you are on the right. You must give the right-of-way to cars on your left if they have already entered an intersection and you are stopped at a stop sign.

School buses: School buses have the right-of-way when loading or unloading children on the roadway. You must stop for a school bus displaying flashing red lights whether you are behind it or are approaching from the opposite direction. You may not pass the bus until its signals are turned off.

You do not have to stop if a school bus is completely off the highway or if you are coming from the opposite direction on a divided highway.

Pedestrians: Pedestrians have the right-of-way when crossing the street in marked crosswalks. Stop for pedestrians if they are in, or near, your half of the street.

Emergency vehicles: Yield the right-of-way to ambulances, police cars, fire trucks, or other emergency vehicles. Move close to the right side of the road and stop if necessary.

Funeral processions: Funeral participants drive to the cemetery in a long line with their headlights on. Give such processions the right-of-way; do not drive through them.

Signals and signs

Flashing signals: A flashing red traffic light is the same as a stop sign: you must come to a full stop. A flashing yellow signal means you must slow down and proceed with caution, but you are not required to stop. A yield sign warns drivers to slow down (and stop if necessary) and yield the right-of-way to cars already in the intersection or on the main road. Pedestrians should obey signals that say *walk*, *don't walk*, or *wait*.

Green arrows: Green arrows mean that you can turn in the direction of the arrow. You do not have to stop for a green arrow, but you must yield to pedestrians or vehicles already in the intersection.

Turning against a red light: In New Mexico, unless a posted sign prohibits the turn, you may turn right on a red light after you have completely stopped. Yield to anyone already in the intersection.

Headlights

Turn on full headlights no later than one-half hour after sunset and use them until one-half hour before sunrise. At night, keep your headlights on even in cities where there are street lights. Do not drive with just your parking lights. Dim your lights when another car approaches or when you pass another vehicle going the same direction. The custom of flicking headlights to signify that you want to pass is not always understood by American drivers.

Honking

The times and places where you may honk your horn are not restricted, but we do not generally use horns except as warnings to avert accidents.

Road striping

All visitors should study the road markings illustrated in the official state driving manual. In general, broken lines on the highway mean passing is permitted; a solid line on your side of the road means passing is forbidden. Cross a solid line only to turn left where permitted.

Passing other cars

Pass a car in front of you only when it is safe. Where passing is permitted, drivers overtake other vehicles on the left, but passing on the right is allowed in certain circumstances. When there are two or more lanes of traffic going your direction, you may pass on the right. You may also pass a car on the right if it is about to make a left turn. Do not drive off the roadway to pass.

Parking

Where you can park: In general, you may park wherever the curb is not painted and where parking is not expressly prohibited. The driver's manual lists exceptions to this rule (for example, do not park within 15 feet, or 4.5 meters, of fire hydrants; do not park beside another vehicle already parked along the street). Park within 12 inches (30 centimeters) of the curb. On the open highway, park as far off the roadway as possible, or to the right of the white solid stripe that often is painted on the edge of the pavement.

Color codes: In New Mexico, a painted yellow curb means no parking. Green curbs indicate that vehicles may stop briefly to load or unload goods or passengers. Parking for handicapped drivers or passengers is marked in blue. Cars parked in zones for the handicapped must display an official sticker, placard, or license plate.

Parking disks: Special disks or signs displayed in the car window to indicate when you parked are not used here. If parking time is limited, signs will be posted.

Driving and drinking

Blood and breath tests: By accepting the privilege of driving in New Mexico,

you consent to having the alcoholic content of your breath or blood tested if you are suspected of driving while intoxicated. You may lose your *driver's license for a year* if you refuse to take the test.

Definition of intoxication: You are legally intoxicated if the alcoholic content of your blood, by weight, is 0.05 percent if you are under eighteen and 0.10 percent if you are over eighteen. Penalties for drunk driving are severe. If you have too much to drink, call the Police Department for a ride home.

Reporting accidents

When to report: If you have an accident that results in apparent damage of over \$100, or if there are injuries or deaths, you must report the accident to the police right away. The New Mexico Motor Vehicle Division must be notified within five days. The local field office has accident forms.

Information to report: You must not leave the scene of the accident without giving your name, address, and the registration number of your vehicle. Make sure to obtain the same information from others in the accident (you do not need to obtain their signatures). The law requires you to give reasonable assistance to injured people. If you damage an unattended vehicle or property, notify the police and either tell the owner or leave your name, address, and registration number.

Traffic violations

New Mexico uses a point system to record convictions for traffic violations. Convicted drivers receive from two to twelve points for offenses ranging from following too closely to driving while intoxicated. Points stay on a driver's record for twelve months. If you accumulate twelve points, your license will be revoked for one year.

Bicycles

Bicyclists follow the same rules of the road as motorists. They should ride single file on the right edge of the roadway and signal with their arm the last 100 feet (30 meters) before turning. Except in business districts, bicyclists may ride on the sidewalk if they grant the right-of-way to pedestrians. At night, bikes must have a white light in front and a red light at the rear. At present, bicycles do not have to be licensed in Los Alamos.

Motorcycles

Motorcycles may carry passengers only if there is a seat for them, and passengers must ride astride. Drivers or passengers under seventeen must wear a helmet.

Pedestrians

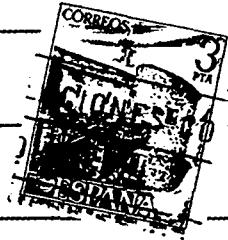
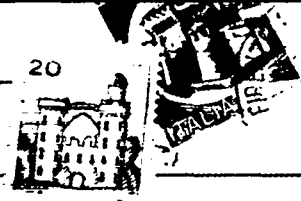
In business districts, pedestrians should cross streets at painted crosswalks. You may be fined for crossing elsewhere.

On roads that have no sidewalks, pedestrians should walk on the left, facing traffic.

If you are stopped by a policeman

If you are stopped by the police, do not argue. You will have a chance to present your side of the story in court.

Part III Enjoying Los Alamos



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Los Alamos is a small town situated far from centers of commercial entertainment. It has very little nightlife. But Los Alamos is within an easy drive of the distractions of Santa Fe and its superb seasonal events, and it has a rich cultural life of its own. Its geography and climate permit an exciting variety of outdoor activities throughout the year, and its location makes travel to many of the most dramatic natural areas of the American West possible and convenient.

This section of the handbook describes briefly the traditions, events, and activities that make up life in Los Alamos. It tells what it is possible to see and do here and how to find out about cultural attractions of the surrounding region. The main focus of this section, however, is not simply to make you aware of the possibilities but also to suggest how to find further information about each subject so you can participate fully in the life of our community.

The key to enjoying life in Los Alamos is keeping informed, but discovering what opportunities are possible is often difficult for visitors, especially if English is not their native language. Acquaint yourself with the community bulletin boards, subscribe to a local newspaper, and listen to the local radio station (see chapter 16.) Tell colleagues of your interests and ask them to keep you posted. Inquire at the Foreign Visitor Office about current events. Read the Laboratory *Newsbulletin* for information about activities open to the public.

Above all, enroll in English classes. The more you understand, the easier it will be to take part in community life. Courses taught here in English as a second language are described in chapter 7.

Far from being a place where "there's nothing to do," Los Alamos offers a great variety of recreational and cultural activities. We hope you will share them with us.

Chapter 19: Holidays and Other Special Celebrations

Americans celebrate a number of special days throughout the year. Some are national holidays: on these, the schools, the county government, Los Alamos National Laboratory, the banks, and most businesses close. Several other days are not official holidays but are celebrated with special customs.

To learn more about American holidays and other celebrations, refer to *The American Book of Days* by Jane M. Hatch at Mesa Public Library. The children's section of the library also has books about holiday customs.

Holidays

National holidays

Sequence: We start each year by taking a day off on New Year's Day. In February we celebrate (on the same day) the birthdays of two famous American presidents, George Washington and Abraham Lincoln. The next national holiday does not occur until the end of May, when we remember American soldiers on Memorial Day. The fourth day of July is Independence Day, the anniversary of the adoption of our Declaration of Independence from England in 1776. We honor working people on the first Monday in September and veterans of the two world wars in early November. In between, in October, we stop to recognize the birthday of Christopher Columbus, who discovered America in 1492.

End-of-the-year festivities start with our Thanksgiving celebration in late November and continue through Christmas, in December, to New Year's Day. Both Thanksgiving Day and Christmas Day are holidays.

Dates: Most national holidays are celebrated on Mondays, so their actual date varies from year to year. There are a few exceptions. New Year's Day is always celebrated on January 1, and Independence Day is always observed on July 4. Thanksgiving, a day of thanks commemorating the first harvest of the Pilgrims in 1621, falls on the fourth Thursday of November. The next day, Friday, is also a holiday for the schools, the government, and many businesses, but not for stores and shops. Christmas Day is always celebrated on December 25.

Observed days: Not every holiday is observed. Los Alamos County and Los Alamos National Laboratory usually celebrate the same national holidays; schools in Los Alamos follow a slightly different schedule. Laboratory holidays are listed in the Laboratory telephone directory. School holidays are included in the school calendar accompanying this handbook.

Holiday customs

How we celebrate: Americans observe some holidays quietly with memorial services or lectures, while other celebrations involve the entire community. All across the United States, the Fourth of July is an occasion for parades, special events,

and fireworks in the evening. In Los Alamos, people gather on the grounds of the Middle School on North Mesa to watch a display of fireworks organized by community groups. Patriotic speeches and lively band music complete the event. Thanksgiving is a time of family reunions when, traditionally, many American families serve turkey. Christmas is celebrated with religious services and the exchange of gifts on Christmas Eve or Christmas morning. Santa Claus comes down the chimney at Christmas to put presents for good children under a Christmas tree. December 6, the feast day of St. Nicholas, is not celebrated in America, nor is Boxing Day, December 26.

Christmas trees: At Christmas time many people bring an evergreen tree into the house to decorate. In Los Alamos, you may cut your own Christmas tree. The U.S. Forest Service issues permits for a small fee and designates forest areas where trees may be harvested. Radio announcements and newspaper articles tell how to apply for a permit, which must be done by mail. Tree cutting usually begins in late November. For further information, call the Forest Service office in Los Alamos.

Other special days

Old traditions

Several other days, while not national holidays, are celebrated by many Americans. On February 14, Valentine's Day, sweethearts send cards or flowers or exchange small gifts. Heart motifs decorate shops and stores. At Easter, which is primarily a religious observance, children dye, decorate, and hunt for Easter eggs. Perhaps the day most eagerly awaited by children is Halloween on October 31, when boys and girls dress up in costumes, go to parties, and may visit neighborhood homes in the evening to ask for a treat. Halloween parties are held at the elementary schools, where old customs about witches and spirits are translated into games and activities such as bobbing for apples, telling fortunes, and finding the way through a "spook" house. Although school parties are replacing the custom of visiting neighborhood homes, you may still find small ghosts or goblins at your front door chanting "trick or treat" on October 31. Wise residents produce something good to eat to avoid having a prank played on them.

Newer customs

In addition to these celebrations, Americans frequently honor groups of people by declaring special days for them. We have Mother's Day and Father's Day to salute our parents; Secretary's Day, Boss's Day, and numerous other days. Sending cards or flowers or taking the honoree out to lunch or dinner is usually the extent of the observance.

Foreign Visitor Office
667-4960

U.S. Forest Service
667-5120

Chapter 20: Community Activities

Community activities in Los Alamos include year-round events in the arts, sports, and recreation, plus annual fairs, celebrations, tournaments, and contests. Refer to chapter 16 for sources of up-to-date information about these happenings.

Many of our community activities are described below by topic, to give visitors an idea of their range. Annual events are listed first, followed by a survey of community organizations that provide musical, theatrical, dance, art, recreation, and other opportunities.

Annual events

County-sponsored events

County fair and rodeo: Every August, Los Alamos County sponsors a fair to celebrate homemaking, gardening, and farming skills. Residents enter their recipes, sewing and gardening projects, and livestock in competitions. A parade and several dances are held during county fair days, and cowboys and cowgirls from Los Alamos and the surrounding region compete in a two-day rodeo to demonstrate their talents in bronco riding, calf roping, and other traditional western tests of skill. All activities planned for the county fair and rodeo are advertised well in advance, and a daily schedule of events is included with residents' utility bills.

County recreation week: In the summer the county Parks and Recreation Department holds a festival to publicize its programs and services. Festivities include performances by a variety of entertainers, band concerts in the evening around Ashley Pond, and demonstrations by participants in county-sponsored

Community events

classes. These range from presentations of international folk dance and Scottish country dancing to exhibitions of gymnastics, baton twirling, archery, homemaking skills, and farming projects.

Fourth of July: This holiday, described in chapter 19, is always celebrated as a community event with a parade, special activities, and evening fireworks.

Arts and crafts fairs: Four major arts and crafts fairs, which demonstrate the art and hand-crafted products of artists and craftspeople from Los Alamos and communities in northern New Mexico, are held in Los Alamos every year. Watch for advertisements of these fairs and smaller, seasonal ones in the local news media.

Arts festival: The Los Alamos Arts Council sponsors an arts festival every August that celebrates the performing and graphic arts and crafts. Most of the events, which include an arts and crafts fair, music, movies, gymnastics, concerts, a play, and arts and crafts instruction for children, are held at Fuller Lodge.

Sports events: Annual sports events include a regional golf tournament, tennis tournaments, and a number of races. Our altitude and terrain provide challenging courses for bicyclists, runners, skiers, and motocross and autocross enthusiasts. Serious competitors come to Los Alamos to participate in these events, while a more light-hearted attitude is taken at Skiesta, an annual ritual that marks the end of the ski season at Pajarito Mountain.

The newspaper and radio are the best sources of information about annual sports events in Los Alamos. Information is also posted at sporting goods stores in town.

Special exhibitions: Several exhibitions are sponsored yearly by interest groups and commercial businesses. These displays focus on diverse subjects ranging from geology to solar energy.

Lectures: Once a year, the J. Robert Oppenheimer Memorial Committee invites a scholar or scientist with a distinguished international reputation to Los Alamos to lecture on a topic of public interest.

Ongoing community activities

The performing arts

A number of local organizations present concerts, plays, and other performances throughout the year. Other groups sponsor visits to Los Alamos by nationally known soloists and ensembles. Los Alamos residents, including visitors from abroad, are welcome to share their talents in most of the musical and theatrical performances staged by local groups. For names to call, consult the list of clubs and organizations distributed by the Chamber of Commerce.

Music: The *Los Alamos Sinfonietta*, a community orchestra, presents several concerts a year. Membership is open to all interested musicians.

The *Los Alamos Choral Society* invites anyone interested in singing to meet with it regularly and participate in its public concerts.

The *Los Alamos Community Band* gives six free evening concerts at Ashley Pond or at the White Rock Community Building in June and July. Its membership is composed of interested adults and advanced students. The band rehearses daily during the public schools' six-week summer session; call the Los Alamos High School Music Department for information.

The *Los Alamos Big Band* plays dance music in the style of the 1940s.

Besides the annual arts festival, the *Los Alamos Arts Council* sponsors several major performances each year and a series of smaller recitals. "Sack-lunch" musicales, held at noon at Fuller Lodge, present the work of Los Alamos musicians and music students without charge.

The *Los Alamos Concert Association* brings soloists or groups with national and international stature to Los Alamos four times a year.

The *Los Alamos Musicians' Cooperative* presents chamber music at coffeehouses—informal concerts at which desserts and beverages are served—held seasonally at Fuller Lodge.

School concerts given by choral groups, the band, and the orchestra at Los Alamos High School are always open to the public.

Chamber music groups meet informally year-round, and some give occasional public performances. Musicians who play recorders or other early instruments are invited to join the local chapter of the American Recorder Society, which meets once a month.

Local instructors teach voice and instrumental music. For names, check the classified section of the newspaper (look under *Schools & Instruction*) or call the Music Department of Los Alamos High School (the department can give suggestions but does not make recommendations).

Theater: The *Los Alamos Little Theatre* produces four or five plays and readings

a year, including a melodrama every January. All interested residents are invited to audition for roles or to help behind the scenes with production.

The *Los Alamos Light Opera Association* produces a musical annually, relying upon the participation of singers, actors, instrumentalists, and stage hands of all ages from the community.

The *Los Alamos Olions*, a high school theatrical group, presents full-fledged productions for the public.

Dance: Ballet is taught privately by individual instructors, at the YMCA (a description of the YMCA follows), and by a dance company, Pajarito Ballet Theatre of Los Alamos, which is a member of the Southwest Regional Ballet Association. Modern dance is also taught in Los Alamos. Traveling dance companies occasionally present ballet and modern dance concerts.

Recreational dance groups provide instruction and social dancing. County-sponsored classes usually include currently popular American dance forms such as country swing in addition to Scottish country dancing and ballroom dance. Clubs open to any interested resident or visitor teach American square dance and international folk dance. Call the county Parks and Recreation Department or the Chamber of Commerce for information.

Jazzercise, exercise combined with dance, is sponsored by several groups. Check the newspaper and community bulletin boards for information.

To find dance instruction, watch for newspaper advertisements and look in the yellow pages under *Dance Companies* and *Dancing Instruction*.

The visual arts

Arts and crafts: *Pajarito Art League*, the major visual arts association in the community, sponsors workshops, classes, and meetings on subjects such as painting, ceramics, fiber arts, photography, enameling, and silk screening. Life-drawing classes are held throughout the year. The league maintains a studio in Fuller Lodge where pottery, weaving, and painting equipment are available to its members. Membership is open to all interested residents. Call the Chamber of Commerce or Fuller Lodge Art Center for information.

Arts and crafts classes are offered for children and adults by the county Parks and Recreation Department and by the YMCA.

Individual instructors teach classes in a variety of media. Watch the newspaper for announcements.

Community art gallery: *The Fuller Lodge Art Center*, upstairs in Fuller Lodge, exhibits the work of local and regional artists and craftsmen. It sponsors traveling shows and juried exhibitions and rents a collection of paintings.

Commercial art galleries: Look in the yellow pages under *Art Galleries* for listings of local galleries and watch for advertisements of current showings.

Organized recreation

Programs sponsored by the Los Alamos County Parks and Recreation Department: The Parks and Recreation Department offers classes and activities for children and adults throughout the year. Archery, soccer, basketball, volleyball, scuba diving, race walking, karate, ice skating, and skiing are some of the sports taught, depending on the season. Fitness classes include aerobics, jazzercise, gymnastics, and workouts on a weight machine. In addition, the Parks and Recreation Department distributes free literature on local hiking trails. It sponsors hikes and special events such as holiday festivals for children, fossil hunts, and fashion workshops, and gives classes ranging from bridge and baton twirling to bicycle and ski repair. The department arranges special activities for preschoolers and young children. Child care is available during some of the fitness classes.

The Parks and Recreation Department maintains in Los Alamos and White Rock ten play areas for small children, eight public tennis court complexes, the municipal golf course, and fifteen community parks. They, and their locations, are listed in the department's schedule of course offerings.

The department also rents to residents the two county community buildings and some sports equipment. If you need a large room with a kitchen for a meeting or a reception, or if you organize a picnic and need volleyball equipment and a horseshoe set, call the department. For a small fee, picnic areas with covered pavilions may be reserved for group activities.

Residents may also rent meeting rooms at Fuller Lodge. Call the Chamber of Commerce for information.

Programs sponsored by the Los Alamos Family YMCA: The YMCA, a private, nonprofit organization, offers family-oriented recreation and classes for all ages, from two-year-olds to adults. Programs are open to all community residents (YMCA members receive discounts) and are advertised widely. They include gymnastics, judo, karate, weightlifting, ballet, aerobics, yoga, and racquetball. The

YMCA sponsors seminars and lectures on health and fitness and offers parent-child programs in sports and other activities. The main office is in Los Alamos; there is a branch in White Rock.

Programs sponsored by the University of New Mexico-Los Alamos: The Department of Continuing Education frequently offers exercise and fitness classes.

Other recreation: The First United Methodist Church maintains a rollerskating rink open to the public on Friday nights (the rink may be reserved for private parties at other times). The rink is open from 7:00 p.m. to 8:15 p.m. for younger children through sixth grade and from 8:30 p.m. to 10:00 p.m. for older students and adults. The fee is nominal and skates are available for rent at the rink. Call the church for more information.

Los Alamos has a commercial bowling alley, which is listed in the yellow pages.

Sports leagues

Los Alamos County Parks and Recreation Department, Los Alamos Family YMCA, and a number of private, nonprofit groups organize sports leagues in soccer, football, volleyball, basketball, baseball, and softball for children and adults throughout the year. For information, call the Recreation Department, the YMCA, and the Chamber of Commerce.

Youth groups

The Girl Scouts of America and the Boy Scouts of America have units in Los Alamos for children from elementary school through high school. Call the Chamber of Commerce for information. Youth Working for Youth, an organization sponsored by Los Alamos County Parks and Recreation Department, plans dances and a variety of other activities for teenagers and keeps a public calendar, available at the Parks and Recreation Department office, of all events of interest to young men and women. The Youth Activity Center in the basement of the Los Alamos Community Building provides drop-in activities after school for students from ten to eighteen. The center is open Monday through Saturday; summer hours are 10:00 a.m. to 8:00 p.m.

The Los Alamos County Extension Service, described below, sponsors 4-H youth programs for young people from nine to nineteen in homemaking skills, horticulture, crafts, photography, and livestock raising.

Other activities

The Los Alamos Historical Museum sponsors lectures and demonstrations that chronicle the history of Los Alamos and illustrate the cultures, past and present, of this region. See chapter 23 for more information about the museum.

The Los Alamos branch of the University of New Mexico offers continuing education classes for adults in a wide range of nonacademic subjects. Call the school for information and a class schedule. Mesa Public Library also distributes course listings for UNM-LA.

The Los Alamos Cooperative Extension Service employs a home economist and a horticulture agent who plan and lead youth and adult programs open to all members of the community. Besides the activities for young people mentioned above, the Extension Service sponsors homemaker clubs; classes in subjects such as Mexican cooking, sewing, and microwave cooking; and gardening workshops. Visitors from abroad living temporarily in Los Alamos are especially encouraged to use the resources of the Extension Service.

Camps for children

Various local organizations sponsor camps for children during the summer and other vacations. Some are day camps; others provide full room and board. Music students can attend a residential summer camp in the nearby Jemez Mountains (address below). Call the YMCA for information about day camps in Los Alamos.

For a list of accredited summer camps elsewhere in New Mexico, see the yearly *Parents' Guide to Accredited Camps* in the reference section of Mesa Public Library. Check the newspaper for announcements of summer residential camps in dance and foreign languages in northern New Mexico, and ask at Los Alamos High School about science and music summer camps in other states.

Los Alamos/White Rock Chamber of Commerce
(Fuller Lodge)
662-8105

Los Alamos Family YMCA
Los Alamos: 15th and Iris St.
662-3100
White Rock: 112 Longview Drive
672-1622

Los Alamos County Parks and Recreation Department
475 20th St.
(Community Building)
662-8170

Los Alamos Cooperative Extension Service
475 20th St.
(Community Building)
662-2656

University of New Mexico-Los Alamos
Director of Continuing Education
662-5919

Los Alamos High School
Music Department
662-4136

Fuller Lodge Art Center
662-9331

Rollerskating information
First United Methodist Church
662-6277

Youth Activity Center
(Community Building)
662-9416

Hummingbird Music Camp
Jemez Springs
New Mexico 87025
829-9631

Chapter 21: Laboratory Activities

Eligibility

Some Laboratory activities are for employees only, while others are open to employees' families, visiting scientists, and members of the public. The Laboratory's *Newsbulletin*, distributed to all employees every Friday, is the best source of information about Laboratory-sponsored activities.

The Wellness Center

The Wellness Center maintains a weight room and exercise equipment and holds classes, clinics, workshops, and lectures on fitness and health. Call to learn current eligibility regulations. The Wellness Center advertises its activities in the *Newsbulletin*.

Club 1663

Club 1663 sponsors films, lectures, noontime entertainment, outdoor adventures, sports events, travel, and special-interest clubs. Many of these events are open to the public, and club membership is not limited to Laboratory employees.

Lectures

Talks given by Laboratory staff members to their colleagues are sometimes open to the public. Prominent people often speak at Laboratory-sponsored public colloquia on topics of interest to a general audience. Lectures and colloquia open to the community are advertised in the *Newsbulletin*, the *Los Alamos Monitor*, and on the radio.

Club 1663
667-1663

Wellness Center
667-7166

Chapter 22: Outdoor Sports in Los Alamos

General Information

Los Alamos is favored with a diversified topography and a sunny climate that permit residents to enjoy a great variety of outdoor sports throughout the year. Mountains that abut the townsites provide opportunities for hiking, camping, skiing, and hunting; in addition, there are rivers and streams for fishing, rafting, and kayaking, and even a few hot springs for soaking. Los Alamos residents sail, water ski, and wind surf on lakes within a few hours' drive. Exotic sports such as sailplaning, hang gliding, and ballooning are also possible to do within a reasonable distance. (Information about outdoor activities in other parts of New Mexico is listed in chapter 24.)

The elevation in Los Alamos County ranges from 5400 feet (1646 meters) at the Rio Grande to 10,500 feet (3201 meters) at the summit of Caballo Mountain. This vertical rise of approximately 5000 feet (1554 meters), equivalent in ecological terms to traveling 3000 miles (4800 kilometers) northward, encompasses six plant communities, from grasslands along the Rio Grande to subalpine meadows. Because of the diversity of our area, on the same spring day one can ski on the slopes of Pajarito Mountain, play tennis in town, hike along the mesas, or go rafting on the Rio Grande.

Los Alamos has supplemented the natural amenities of the Pajarito Plateau with a ski area, swimming pools, an ice skating rink, a track, a golf course, and tennis courts.

Land-use regulations

Which lands can the public use? Los Alamos and White Rock are surrounded by wilderness. Much of this land is in the public domain, but large areas are

privately owned. Both public and private land may be fenced; signs tell to whom the property belongs. National park and monument land, Forest Service land, and Bureau of Land Management (BLM) land are public lands. Indian land is private. Only certain sections of the land belonging to Los Alamos National Laboratory are open to the public. Most of the Valle Grande, in the Jemez Mountains west of Los Alamos, is privately owned.

Maps: The Forest Service sells detailed maps of the area surrounding Los Alamos, and the county Planning Department issues land-use maps that show ownership of all land within Los Alamos.

Rules of access to public land: The government agencies responsible for public lands usually restrict access in several ways to ensure that the land is cared for properly and to help pay maintenance costs. Visitors to Bandelier National Monument, for instance, pay a nominal entrance fee to the Visitor Center and the Frijoles Canyon area but are not charged for hiking, camping, or ski touring in outlying areas. However, permits (which are free and can be obtained over the telephone) are required for these activities. Normally, day users can enjoy Forest Service land without charge or permit, but maintained campgrounds may charge a small nightly fee, and permits may be required for backpacking.

People enter public land that is fenced and closed to vehicular traffic through special gates.

Pets: Pets are allowed on national forests if they are kept under control. They are prohibited on national park or monument land except in developed areas.

Rules of access to private land: Most private land is off limits to the public except by personal invitation from the owner. Such land is usually fenced and posted with "No trespassing" signs. Public rights-of-way across private land, common in some countries, are rare here. Do not cross private land unless a sign gives specific permission.

The public is welcome at Indian pueblos, but do not enter other, posted Indian land without permission from Indian officials (call the pueblos for information).

Land-use customs

Leave only footprints; take only pictures: Federal regulations protect archaeological ruins and artifacts on public lands. Do not disturb ruins or collect artifacts, even broken bits of pottery. Penalties are stiff.

State and federal laws protect endangered plants. You can obtain lists of protected plants, but as a general rule, leave all flowers for others to enjoy.

Leave your campsite or picnic spot cleaner than you found it. Pack out all your trash.

Stay on established trails: Shortcuts mar the landscape and cause erosion problems.

Guard against fire: At campgrounds, make fires only in fire pits. In the backcountry, build fires only if they are permitted (often they are not). Use downed wood (wood that has fallen) only; do not cut standing trees, living or dead, or their branches. Keep campfires small and douse them carefully, making doubly certain they are out. State and federal regulations prohibit leaving a fire unattended or unextinguished. Acres of burned trees in Bandelier National Monument and the Jemez Mountains testify to the damage an unattended fire can cause. In times of drought, all open fires may be prohibited.

Dispose of cigarettes properly: Don't smoke on the trail. Make sure your match is out; break it in two. Grind cigarettes in the dirt and pack butts out.

Fasten all gates behind you.

Safeguard water supplies: Keep trash out of streams and ponds, and do not throw dirty or soapy water back into them. Keep human wastes at least 100 feet (30 meters) away from water sources.

Pack out trash: Carry cans, bottles, and aluminum foil out of the wilderness. Animals usually dig up unburnable refuse.

Summer activities

Hiking and camping

Day hiking: Numerous trails traverse the forests and mesas in Los Alamos County, nearby Bandelier National Monument, and surrounding national forest lands. The Chamber of Commerce and the county Parks and Recreation Department issue free lists of popular day hikes. Local bookstores and the county Historical Museum sell several detailed guides to hiking in Los Alamos and at Bandelier.

Camping and backpacking: Established campgrounds, accessible by car, are maintained at Bandelier National Monument and at Forest Service sites in the Jemez Mountains. The Santa Clara Indians operate a picnic and camping area in Santa Clara Canyon, less than a half-hour's drive from Los Alamos. Backpackers enjoy hundreds

of miles of backcountry trails in Bandelier National Monument and in national forest land in the mountains west of Los Alamos.

For more information about car-camping sites and backpacking trails in the Los Alamos area, inquire at Bandelier or at the Forest Service office. The Forest Service has information about camping and recreation sites in all the national forests in the Southwest. The vertical file at Mesa Public Library (the steel cabinets near the reading area) contains many brochures about camping and hiking in Los Alamos and nearby sites. The reference librarian will help answer your questions.

Equipment and clothing: Local sporting goods stores and numerous reputable mail-order companies sell hiking and backpacking equipment and clothing. Local sporting goods stores also rent equipment. Used clothing can sometimes be bought at thrift stores. People adept with a sewing machine can make jackets, tents, sleeping bags, packs, and other items from mail-order kits.

Maps: Detailed U.S. Geological Survey topographical maps are sold at the stationer's and at sporting goods stores. Mesa Public Library also keeps a large selection.

Instruction: Youth organizations and the county Parks and Recreation Department sometimes sponsor backpack trips for beginners. The Sierra Club, a national environmental organization, sponsors daylong and longer outings each month for people at all levels of experience. Call their Santa Fe office for a schedule of trips. Mesa Public Library and local bookstores carry numerous books on backpacking and camping techniques.

Mountaineering

Some cliffs in the Los Alamos area are suitable for technical rock climbing. A local climbing club, the Los Alamos Mountaineers, organizes climbs here and elsewhere in the state. Each spring, the club teaches a beginning course in rock climbing and other mountaineering techniques. Contact the Mountaineers for information (call the Chamber of Commerce for the phone number).

Stay away from cliffs unless you are an experienced climber. Inexperience combined with loose or unsuitable rock can result in tragic falls.

Hunting and fishing

Los Alamos residents can fish for rainbow, brown, and cutthroat trout in the streams of the Jemez Mountains (Los Alamos reservoir, closer at hand, is a favorite fishing hole for young people) and hunt a variety of game animals in season. Hunting and fishing are regulated by the New Mexico Game and Fish Department. Both sports require licenses (children under twelve do not need a fishing license), which are sold locally at the Sports Bag. The Game and Fish Department publishes a free brochure, also available at the Sports Bag, that explains fees, regulations, and the species that may be fished or hunted.

Bicycling

Bicycling is popular in Los Alamos. Uncrowded, well-paved roads wind across the county's rugged landscape, providing beautiful routes for both Sunday enthusiasts and serious racers. A bicycle touring club plans trips here and farther afield and publishes information about routes. For information about touring clubs and bicycle races, call or visit Sport 1.

Jogging and running

Joggers and runners are seen from dawn to dusk in Los Alamos, along the roads, on the trails, and at the high school track, which may be used by the public when not needed by the high school. Three parcourses, two in Los Alamos and one in White Rock, provide jogging trails interspersed with exercise equipment.

Water sports

River running and sailing: Stretches of the Rio Grande near White Rock and farther north provide white water for rafters and kayakers. Los Alamos "river rats" also tackle the nearby Rio Chama and rivers in other Western states. Long intervals of flat water provide opportunities for canoeists. Boaters enjoy sailing (and related activities such as water-skiing and wind surfing) on regional lakes.

A local Explorer Post, part of the Boy Scouts of America, teaches river-running skills to young men who are at least 14 years old. The New Mexico School of Sports, conducted by a sporting goods store, Sport 1, teaches kayaking and wind surfing and rents and sells kayaks, canoes, rafts, and sailboards.

For information about white-water sports and flat-water canoeing, contact Sport 1 or Explorer Post 20 or write the Adobe Whitewater Club of New Mexico, Box 1656, Corrales, New Mexico 87048.

For information about sailing, call Club 1663.

Scuba diving: Although not an outdoor sport that can be enjoyed in Los Alamos, scuba diving is frequently taught at the high school swimming pool to people who travel outside the state to enjoy it. Inquire at Sport 1 for information.

Swimming: At this writing, there is only one public pool in Los Alamos. This

pool, at the high school, is open year-round at specific times for general and lap swimming. Call the pool for information about hours, fees, and regulations.

Five outdoor neighborhood pools are open during the summer to members only, but unused memberships, if available, may be rented. Pools with memberships for rent advertise in the *Los Alamos Monitor* early in the spring. (Look in the classified section under *Pool Memberships*.) If you want to swim, respond as soon as possible; rentals are taken quickly.

Mountain streams occasionally form pools deep enough for swimming. Inquire locally. Do not swim in the Rio Grande; its currents can be treacherous.

Horseback riding

At present no Los Alamos stables rent horses or teach riding. However, owners who keep horses at the county stable area on North Mesa often advertise on the bulletin board there for riders. Drive by the bulletin board at the west end of the stable area for information. The Chamber of Commerce keeps a list of people who conduct horseback tours in the Jemez Mountains.

Golf and tennis

Golf: Los Alamos County maintains an eighteen-hole, competition-level golf course between North Community and Barranca Mesa that is open during daylight whenever playable.

Tennis: All the county outdoor tennis courts are open to the public at no charge. Normally, courts do not have to be reserved. Some have backboards for solo practice or lights for night games. For information, call the Parks and Recreation Department. To rent tennis equipment, visit Sport 1.

Organized outdoor sports

Team sports are described in chapter 20.

Winter sports

Snow sports

Alpine skiing: Pajarito Mountain Ski Area, on the western slopes of the mountains overlooking Los Alamos, is served by four modern lifts. The area is maintained by the Los Alamos Ski Club and is open during the season on weekends and Wednesdays. Ski club membership is restricted to people who principally reside in or are employed in Los Alamos County, but membership is not a requirement for using the ski area.

Ski equipment can be rented at the ski area or from sporting goods stores in Los Alamos.

Certified ski instructors teach individuals and groups of all levels of competence and of all ages. A qualified ski patrol enforces safety rules and gives first aid.

The road to the ski area, Camp May Road, is paved only a short distance. Be prepared to use chains. A cafeteria in the ski lodge serves hot meals but has no running water. The lodge is equipped with neither lockers, flush toilets, nor a public telephone. Pit toilets are provided.

For information about membership, instruction, and snow conditions, call the ski club. Dues must be paid by November 3 to avoid a stiff penalty.

Ski touring: Cross-country skiers enjoy maintained trails in Bandelier National Monument (near St. Peter's Dome Road) and in the Jemez Mountains (near the ski area) and miles of backcountry touring on Bandelier National Monument and Forest Service land. Permits, which are free, are required for skiing in Bandelier; they can be issued by telephone. Los Alamos sporting goods stores sell and rent ski touring equipment and have information about instruction and membership in ski touring clubs. Books about ski touring trails in our area and other regions of New Mexico are available at sporting goods stores and bookstores.

Snowshoeing: Snowshoeing is possible everywhere ski touring is done. Snowshoes can be rented or bought at sporting goods stores in town.

Snowmobiling: Snowmobiling is allowed on Forest Service land. Call the Forest Service office for information about places to go and restrictions.

Ice skating

The Los Alamos Ice Skating Club maintains an outdoor rink in Los Alamos Canyon that is open to members and the public from late November to about February. The club rents skates and sponsors instruction and ice hockey teams.

Winter hiking

Los Alamos winters are sunny and snow melts quickly at lower elevations. Hiking is usually possible all winter along the Rio Grande and in parts of Bandelier National Monument.

Safety tips for wilderness users

Anyone going into the backcountry, summer or winter, should observe the following rules. New Mexico's wild areas are isolated, rugged, and far from civilization. Be prepared to survive on your own if you get lost or stranded. With

proper equipment and skills, your wilderness experience will be a rewarding one.

Announce your plans: Tell someone where you are going and when you expect to return.

Do not go alone: Unless you are experienced, a party of at least four people is best. If one is injured, another can remain with that person while two others go for help.

Plan your route carefully: Refer to U.S. Forest Service and U.S. Geological Survey maps; learn to read a topographical map and to use a compass. Avoid hunting areas during hunting season. The New Mexico Department of Game and Fish publishes a brochure, available at the Sports Bag, of hunting areas and dates.

Do not plan a route beyond the strength of the weakest member of your party. On foot, allow about an hour to cover 2 miles plus an additional hour for each 1000 feet of altitude gained.

Be prepared for emergencies: Know the potential hazards of the area you are visiting and proper procedures for dealing with them. Carry extra food and enough clothing to protect yourself if the weather becomes severe. In the mountains a cloudless, sunny morning can precede a stormy afternoon. Winter weather, in particular, can change extremely rapidly. Even in summer, a combination of cold temperatures, wet clothing, and wind can cause hypothermia (mental and physical collapse accompanying the chilling of the body). Be alert to the symptoms of exposure and know how to treat them. Most cases of hypothermia occur in air temperatures between 30 and 50 degrees Fahrenheit (-1 and 10 degrees Celsius). In addition to extra food and water and protective clothing, always take a first-aid kit, a flashlight, waterproof matches, a candle, a pocketknife, and a whistle.

Get a long-range weather report: In summer, stay off exposed ridges or peaks during storms. Start for the summit about dawn and plan to turn back by noon, when thunderheads begin to gather. If you are caught in a lightning storm, stay away from lone trees. Squat down, keeping only your feet in contact with the ground, and put something between them and the ground—your pack, clothing, a rope.

Beware of natural hazards: Loose rock can crumble, causing falls. Never roll rocks down a slope; someone may be beneath you. Cross streams carefully. It is difficult to judge the power of moving water.

Take time to adjust to the altitude: Avoid alcohol and cigarettes and get plenty of sleep. If you climb too high too fast, you may suffer mountain sickness (vomiting, nausea, and diarrhea). Pulmonary edema, a medical emergency that affects the lungs, can occur at altitudes over 9000 feet (2744 meters). Victims should be transported to lower altitudes immediately.

Treat drinking water: A microscopic organism, *Giardia lamblia*, can cause an intestinal disorder in people who drink untreated water. To destroy *Giardia* and other waterborne organisms that cause intestinal diseases in humans, boil water for at least one minute (longer at high altitudes).

Humans, wild animals, and pets can transmit *Giardia* to each other. Control dogs carefully and keep their waste, and human waste, away from water sources.

For land-use maps of Los Alamos

County:

Planning Office
2300 Trinity Dr.
(Municipal Building)
662-8120

Information about camping:

Bandelier National Monument:
672-3861
U.S. Forest Service: 667-5120
Santa Clara Tribal Office:
753-7326, ext. 217

Information about fishing and hunting:

Sports Bag
662-2454

Sierra Club
983-2703

Information about bicycling:

Sport 1
662-3456

White-water and flat-water sports

Sport 1
662-3456

Public swimming pool
662-4106

Los Alamos Golf Course
662-4748

Los Alamos County Parks and
Recreation Department
662-8170

Los Alamos Ski Club
Office: 662-5725
Snow conditions: 662-7668

Los Alamos Ice Skating Club
662-4500

Information about sailing:

Club 1663
667-1663

Chapter 23: Sightseeing in Los Alamos

Museums and galleries

Bradbury Science Museum

The Laboratory's science museum portrays the history of the wartime project that developed the world's first nuclear weapons and established what is now Los Alamos National Laboratory. Exhibits demonstrate the Laboratory's latest research in solar, geothermal, laser, and magnetic fusion energy. Films, shown continuously, illustrate topics such as computer graphics and depict some of the eminent scientists of the twentieth century.

The museum is open Tuesday through Friday from 9:00 a.m. to 5:00 p.m. and on weekends and Mondays from 1:00 p.m. to 5:00 p.m. It is closed on Laboratory holidays. Access to the museum, which is east of the Laboratory's Administration Building, is from Diamond Drive. There is no admission charge.

Los Alamos Historical Museum

The lives of those who have made the Pajarito Plateau their home—prehistoric Indians, homesteaders, schoolboys, scientists—are depicted at the Los Alamos Historical Museum, housed in one of the original buildings of the Los Alamos Ranch School. In addition, the museum sponsors traveling exhibits, lectures, tours, and demonstrations of early crafts. Its bookstore contains a large collection of literature about Los Alamos and the Southwest.

Adjacent to Fuller Lodge, the museum is open Monday through Saturday from 10:00 a.m. to 4:00 p.m. and Sunday from 1:00 p.m. to 4:00 p.m. Admission is free.

Fuller Lodge Art Center

This visual arts gallery, upstairs in historic Fuller Lodge, features works of northern New Mexico artists and traveling exhibits of regional and national importance. The gallery rents paintings and sells hand-crafted items. Gallery hours are from 10:00 a.m. to 4:00 p.m., Monday through Saturday, and from 1:00 to 4:00 p.m. on Sunday.

Private art galleries are listed in the yellow pages under *Art Galleries*.

Attractions

Historic Los Alamos

The Los Alamos Historical Museum publishes a small booklet that describes a walking tour of the center of town. The guidebook leads its readers past prehistoric Indian ruins, Los Alamos Ranch School buildings, and significant features of the community. The walking tour ends at Fuller Lodge, now a national historic landmark, which was once the dining and recreation hall for students at the Los Alamos Ranch School and continues to serve as a community center.

White Rock Overlook

The overlook, accessible by car from Overlook Road off Meadow Lane in White Rock, offers impressive views of the Rio Grande as it flows through White Rock Canyon and of the Jemez and Sangre de Cristo mountains.

Bandelier National Monument

Open year-round, Bandelier's 33,000 acres of wooded mesas and canyons preserve a prime wilderness area and the ruins of an ancient Indian culture. A small museum at the monument's headquarters in Frijoles Canyon describes, with slide programs and displays of Indian artifacts, life in this area from about A.D. 1200 to modern times. A self-guiding loop trail, whose circuit takes about an hour, leads visitors past several ruins. During the summer, park rangers give guided walks of the ruins and nightly campfire programs. Visitors may picnic along Frijoles Creek or camp at a maintained campground on the mesa above.

A small snack bar and curio store are located near the museum. Summer hours are from 8:00 a.m. to 7:00 p.m.; winter hours are from 8:00 a.m. to 5:00 p.m. The monument is closed on Christmas Day, December 25.

Except for the paved road into headquarters, Bandelier National Monument is crossed only by miles of hiking and backpacking trails. Accessible by highway is a detached section of Bandelier, Tsankawi, which lies along State Road 4 to the northeast of White Rock. Visitors may explore the unexcavated ruin on the mesa by following a 2-mile (3.2 kilometers) self-guiding trail.

Bradbury Science Museum
667-4444

Los Alamos Historical Museum
662-6272

Fuller Lodge Art Center
662-9331

Fuller Lodge
662-8105

Bandelier National Monument
672-3861

In addition to cultural and outdoor activities available in the county, Los Alamos residents enjoy those offered in the entire northern half of the state. We can spend a day or an evening in Albuquerque or Santa Fe—or sightsee, hike, or ski in various parts of northern New Mexico—and return the same night. Within the radius of a day's drive are such outstanding natural attractions as the Grand Canyon, Rocky Mountain National Park, and Carlsbad Caverns.

Many free publications describing cultural events and scenic areas of this region are available at the Chamber of Commerce in Fuller Lodge. Other sources of information are listed below.

New Mexico Information

Statewide attractions

The New Mexico Tourism and Travel Division publishes a colorful brochure that includes a yearly calendar of events for the entire state, a state map, general information about summer and winter sports, and phone numbers and addresses important to tourists. The brochure lists all the ski areas in the state; Indian reservations and pueblos; national parks and monuments, state monuments, and wildlife refuges; and every chamber of commerce. It explains how to obtain maps of New Mexico and publications that describe Indians, skiing, New Mexico history, things to do, and places to stay. Pick up a copy of *New Mexico* at the Chamber of Commerce at Fuller Lodge.

The chamber also distributes *Breakaway*, another Tourism and Travel Division booklet containing specific information (where to go, hours, addresses, phone numbers, references) about many things one can do in New Mexico, from panning gold to spelunking. Its listings include every museum in the state, national forests, wilderness areas, recreation sites, wildlife refuges, forts, ghost towns, mission ruins, and hot springs.

Northern New Mexico

Look for the *New Mexico North* guidebooks, published quarterly, at the Chamber of Commerce. They describe all the events and activities taking place in eight key cities and villages, including Santa Fe, Los Alamos, and Taos—the part of the state most accessible to Los Alamos residents. The guidebooks list restaurants, accommodations, and a calendar of events for each community.

The Los Alamos/White Rock Chamber of Commerce publishes a brochure that describes four circle trips to areas of interest within an easy day's drive of Los Alamos. The tours explore the Jemez Mountains, the red-rock country north of us, Hispanic villages in the Sangre de Cristo Mountains, and ancient and living Indian pueblos.

Further Information

The reference librarian at Mesa Public Library can direct you to the library's many sources of information about New Mexico. In addition to books and maps, the library keeps a large selection of brochures, pamphlets, and newspaper clippings on many topics of interest to visitors. Browse in the vertical file, the steel cabinets near the reading area, for information about places to hike and camp, sights to see, and any other question you have about New Mexico.

Out-of-state information

For information about major cities, write their chambers of commerce. Write national parks directly. The most popular parks may require reservations in advance during the busy season, even for camping. The reference librarian at Mesa Public Library can supply addresses and telephone numbers; travel agencies also have information.

**New Mexico Tourism and Travel
Division
Bataan Memorial Building, Room 101
Santa Fe
New Mexico 87503
827-2630**

**Los Alamos/White Rock Chamber of
Commerce
(Fuller Lodge)
662-8105**

***New Mexico ski conditions*
984-0606
(Twenty-four hours a day,
Thanksgiving through April)**

***New Mexico road conditions*
983-0120**

Part IV Leaving Los Alamos



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Chapter 25: Official Procedures

Laboratory regulations

Your host will inform you of necessary internal procedures.

If the Laboratory is paying you, notify the Visitor Payment Section of the Travel Office of your departure at least a week before you go. With adequate advance notice, the office can issue your final check before you leave Los Alamos. Otherwise, the check will be sent to your home country.

Receiving your check before you leave Los Alamos allows you to change it into currency that will be immediately negotiable once you arrive home. Financial institutions in Los Alamos issue drafts on major international banks in several currencies. If your paycheck is sent to your home country you will not be able to use your funds for several weeks, until various expensive transfers are completed.

State and federal regulations

If you receive payment from Los Alamos National Laboratory, you may be subject to federal income taxes, depending upon the type of payment and the tax treaty your country has with the United States. If you pay federal income taxes, you are also subject to New Mexico state income tax.

Tax laws are complex and each individual's situation varies. The Laboratory cannot advise you on your liability for state and federal income taxes. Obtain help by phoning or visiting the state and federal tax offices, or seek the advice of a tax consultant (look in the yellow pages under *Tax Return Preparation* or *Accountants*). You may wish to pay your taxes in person at state and federal tax offices before you leave the United States. At your request, the staff at the Visitor Payment Section of the Laboratory's Travel Office will give you a statement of your total taxable earnings to show to the tax offices.

At the end of the calendar year, the Laboratory will send you a statement of your total taxable earnings. If you do not pay your taxes before you leave the United States, it is your responsibility to report your taxable income to the U.S. Internal Revenue Service and, if required, to the New Mexico Taxation and Revenue Department.

The Visitor Payment Section will issue, on request, a provisional tax statement (sailing permit), which you may be asked to show to immigration officials as you leave the country. The sailing permit lists the taxable income you have earned and the amount of taxes you have paid.

For information about state income taxes:

New Mexico Taxation and Revenue
Department
Manuel Lujan Sr. Building
Alta Vista and St. Francis Dr.
Santa Fe
New Mexico 87501
988-2290

For information about federal income taxes:

Internal Revenue Service
517 Gold Ave. SW
Albuquerque
New Mexico 87103
243-8641
Toll-free number for tax information
and forms: 1-800-424-1040

Travel Office
Visitor Payment Section
MS P234
667-4138

In-house procedures

Final payment

Income taxes

Sailing permits

Terminating utilities

Notify the county utilities department and the telephone company at least twenty-four business hours before you leave. They will read your meters, settle your account, and have your adjusted bill ready by the following afternoon.

(Do not forget to stop newspaper subscriptions, too.)

Notifying your landlord

Most rental contracts require notifying the landlord in writing at least two weeks before terminating an agreement.

Closing bank accounts

No advance notice is needed unless you wish to exchange your dollars for cash in another currency. Local banks do not keep large amounts of foreign currency on hand but will order it for you. Allow at least two weeks for delivery.

Shipping belongings home

If you are eligible to have the Laboratory pay for the shipment of your goods, refer to the Visitor Payment Section of the Travel Office for procedures.

To reduce the number of items to be shipped, consider donating what you do not need to a thrift shop in town, or hold a garage or "leaving town" sale.

Perhaps the simplest way to ship goods home is to mail them to yourself. Ask first at the post office about rates, insurance costs, packing procedures, and size and weight limitations. Allow six to eight weeks for your boxes to arrive, surface mail.

If you need more suitcases, consider buying sturdy canvas duffel bags, which are sold inexpensively at army surplus stores.

So that you will have a convenient reference to Los Alamos addresses and phone numbers after you return home, keep a copy of the Los Alamos/White Rock telephone directory, available free at the Chamber of Commerce.

Forwarding mail

Register your forwarding address with the post office, and notify organizations with whom you do business. The post office will forward all first class mail for sixty days. (Second-class mail is forwarded without charge to addresses in the United States only.)

Bon voyage! We wish you a safe and enjoyable journey home.

Travel Office
Visitor Payment Section
MS P234
667-4138

To terminate utilities:
662-8070

To terminate telephone service:
988-9421

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Questionnaire

Before you leave, you can help other visitors to Los Alamos by answering the following questions. You do not have to sign your name. Tear out this sheet and send it to the Foreign Visitor Office. Your comments are greatly appreciated.

Was this booklet helpful to you?

Did it arrive in time to help you plan your stay in Los Alamos?

Would it have been more helpful in your native language?

What is your native language?

What other information do you think should be included?

How long did you live in Los Alamos?

Were you here alone, or with a family?

Foreign Visitor Office
Los Alamos National Laboratory
MS P373
Los Alamos
New Mexico 87545

Conversion Tables CLOTHING

Blouses and Sweaters

American & English	34	36	38	40	42	44
Continental	42	44	46	48	50	52
English	36	38	40	42	44	46

Dresses and Coats (Children's and Junior Misses)

American	2	4	6	8	10	13	15
Continental	1	2	5	7	9	10	12
English	1	2	5	7	9	10	12

Shirts

American & English	14	14½	15	15½	16	16½	17
Continental & Japanese	36	37	38	39	41	42	43

Men's Shoes

American	7-7½	8-8½	9-9½	10-10½	11-11½	12-12½	
Continental	40	41	42	43	44	45	46
Japanese	26	26¾	27½	28	29		

Women's Shoes

American	4	5	6	7	8	9	10
English	2	3	4	5	6	7	8
French	36	37	38	39	40	41	42
Italian	32	34	36	38	40	42	44
Japanese			23	24	25	25¾	

Dresses and Coats (Misses)

American	10	12	14	16	18	20
Continental	38	40	42	44	46	48
English	32	33	35	36	38	39
Japanese	9	11	13	15	17	19

Men's Suits and Overcoats

American & English	36	38	40	42	44	46
Continental	46	48	50	52	54	56
Japanese	S	M	L			LL

Socks

American & English	9½	10	10½	11	11½	12
Continental	38-39	39-40	40-41	41-42	42-43	

Men's Hats

American	6¾	7	7¼	7½		
Continental	54	56	59	60		
English	6		7			
French	3½	4½	5½	6½		

Stockings

American & English	8	8½	9	9½	10	10½
Continental	0	1	2	3	4	5

UNITS OF MEASUREMENT

Length

U.S. Unit	Symbol	Metric Equivalent	U.S. Conversions
inch	in	2.54 cm	1 mile = 5280 ft or 1760 yd
foot	ft	30.48 cm	1 yard = 36 in or 3 ft
yard	yd	0.91 m	1 foot = 12 in
mile	mi	1.60 km	
0.62 mi		1.00 km	
3.28 ft or 39.37 in		1.00 m	
0.39 in		1.00 cm	

Area

U.S. Unit	Metric Equivalent
square inch	6.45 sq cm
square foot	929.03 sq cm
square yard	0.84 sq m
square mile	2.59 sq km or 259 ha
1 acre	4.05 sq m or 0.405 ha

Weight or Mass

U.S. Unit	Symbol	Metric Equivalent
ounce	oz	28.35 g
pound	lb	.45 kg
2.2 lb		1.00 kg
3.5 oz		100.00 g
0.04 oz		1.00 g

Liquid Measure

U.S. Unit	Symbol	Metric Equivalent
fluid ounce	fl oz	29.57 mL
pint	pt	0.47 L
quart	qt	0.95 L
gallon	gal	3.79 L
1.06 qt		1.00 L
0.03 fl oz		1.00 mL

Comparison of U.S. and U.K. Liquid Measure

Unit	U.S. Equivalent	U.K. Equivalent
1 gallon	231.00 cu in	277.42 cu in
1 quart	57.75 cu in	69.36 cu in
6 U.S. gallons equal 5 U.K. (imperial) gallons		

U.S. Conversions

1 pound = 16 oz

U.S. Conversions

1 gallon = 4 qt

1 quart = 2 pt

1 pint = 16 fl oz

TEMPERATURE

Equivalents

	°C	°F
Water freezes	0.0	32.0
Normal body temperature	37.0	98.6
Water boils (sea level)	100.0	212.0
Water boils (Los Alamos)	92.3	198.0

Body Temperatures

°C	°F	°C	°F
37.0	98.6	39.5	103.1
37.5	99.5	40.0	104.0
38.0	100.4	40.5	104.9
38.5	101.3	41.0	105.8
39.0	102.2		

To convert Fahrenheit (F) and Celsius (C) values:

°C = 5/9 (°F - 32)

°F = 9/5 (°C) + 32

COOKING MEASUREMENTS

American Equivalents

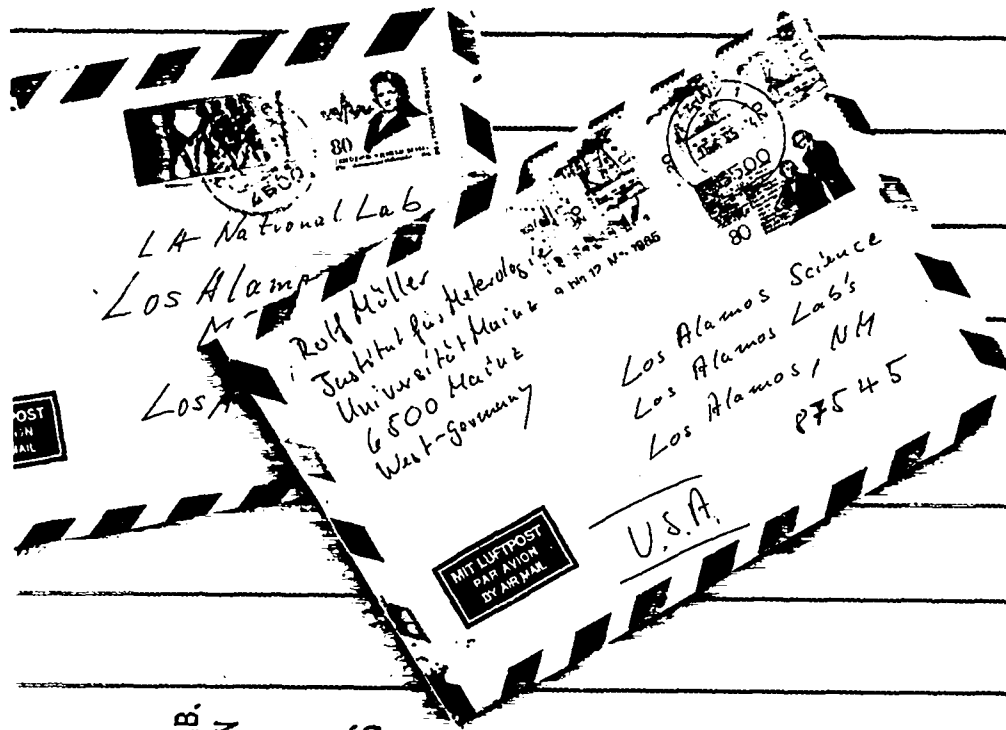
Unit	Symbol	Equivalent
1 teaspoon	t	⅓ tablespoon
1 tablespoon	Tb	3 teaspoons
2 tablespoons		⅓ cup
4 tablespoons		¼ cup
8 tablespoons		½ cup
16 tablespoons		1 cup
4 ounces	oz	½ cup
8 ounces		1 cup
16 ounces		1 pound
1 cup	C or c	½ pint
2 cups		1 pint
4 quarts	qt	1 gallon
1 fluid ounce	fl oz	2 tablespoons
16 fluid ounces		1 pint
1 pound butter		2 cups or 4 sticks

Liquid Measure

U.S. Units	Metric Units
1 quart (4 cups)	.95 L (9.5 dL)
1 cup	2.40 dL
7 tablespoons	1.00 dL
4 ⅓ cups	1.00 L

Oven Temperatures

	°C	°F
Medium oven	163-177	325-350
Hot oven	201-232	400-450



LOS ALAMOS NAT'L LAB.
IS-4 REPORT SECTION
RECEIVED

93 NOV 4 AM 10 26