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the Tropic Times

Vol. III, No. 41

Quarry Heights, Republic of Panama

Friday, Nov. 16, 1990

Marines launch practice invasion

by United Press International

American Marines launched a practice beach invasion Thursday along the Saudi Arabian coast, apparently near the Kuwaiti border, as Egypt and Syria accused Iraq of foiling a peaceful settlement of the Persian Gulf crisis by setting conditions for an Arab summit.

The Pentagon said the beach drill, dubbed "Imminent Thunder," involved 16 ships, about 1,000 Marines and 1,100 aircraft and is to continue through Nov. 21.

They declined to say where in the Persian Gulf it was taking place but it was believed to be near Iraq-occupied Kuwait.

The Pentagon also said U.S. Army, Navy, Air Force and Marines would exercise with Saudi air, naval and

marine units to "conduct Desert Shield training in joint and combined operations for participating forces and to enhance amphibious warfare skills."

The remarks directed at Iraq by Egyptian President Hosni Mubarak and his Syrian counterpart, Hafez Assad appeared to dim the chances for an Arab summit to deal with the Persian Gulf crisis, but other Arab and Soviet envoys pressed their shuttle diplomacy to sound out prospects of a summit.

Mubarak and Assad said in a joint communique after two days of talks in Damascus, Syria, that they too would continue consultations with other Arab leaders "to preserve the interests and unity of the Arab nation."

But they emphasized that "because of what has been issued directly from Baghdad, setting preconditions, it makes it difficult to hold such a summit."



VETERANS DAY - The joint-service color guard presents the colors during Veterans Day ceremonies Monday. The services, honoring American veterans were held at Corozal American Cemetery. (U.S. Army photo by Spec. James Yocum)

Leningrad to begin food rationing

MOSCOW (AP) - Leningrad's City Council voted Thursday to begin wide-scale food rationing Dec. 1 for the first time since the Nazi blockade in World War II.

Leningrad Mayor Anatoly Sobchak, one of the nation's leading reformist politicians, pushed hard for the severe measure. Without rationing, he warned the council on Monday, the city of nearly 5 million people could face hunger and unrest this winter.

In recent weeks, Leningrad residents have had to stand in two-and three-hour lines for bread. Many other necessities - including eggs, sugar, cheese and sausage - have virtually disappeared from store shelves, according to Maxim Korzhov, a Leningrad journalist covering the City Council session.

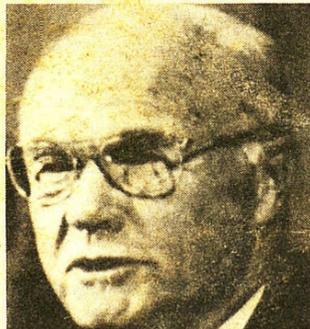
"People here are upset and worried about food," Korzhov said in a telephone interview.

"The atmosphere is tense." Hunger is a political specter in Leningrad because of the tragic memory of the 1941-1944 blockade, when an estimated 600,000 people died, many from starvation.

Korzhov said public support for rationing increased after stores throughout the city ran out of bread on Nov. 5 and 6, when residents stocked up for the Nov. 7 holiday, the 73rd anniversary of the Bolshevik Revolution.

Ethics Committee opens S&L hearings

WASHINGTON (UPI) - Senate Ethics Committee Chairman Sen. Howell Heflin opened unusual hearings Thursday into alleged influence-peddling by five senators on behalf of an accused savings and loan kingpin with a warning to the lawmakers that many Americans believe they traded their "honor and good names" for cash.



Glenn

The ethics panel began the trial-like hearings examining the activities of the so-called Keating Five senators accused of improperly exerting pressure on federal bank regulators to go easy on S&L

operator Charles Keating Jr., in proceedings that promise to give the nation a rare peek into a largely hidden and unseemly side of politics. All five senators claim innocence of any wrongdoing.

Before a packed hearing room, Heflin, D-Ala., told Sens. Dennis DeConcini, D-Ariz., John Glenn, D-Ohio, John McCain, R-Ariz., and Donald Riegle, D-Mich., that the "purpose of the hearings is to find the facts" and that he hoped the evidence presented would produce "the whole story" of the affair. Sen. Alan Cranston, D-Calif., who announced Tuesday he would miss most of the hearings in order to undergo radiation treatment for prostate cancer, was absent at the start of the hearings.

All of the Keating Five senators will have the chance to present evidence and witnesses and cross-examine accusing witnesses in the unprecedented public ethics hearings.

NATO, Warsaw Pact may reduce arms

VIENNA, Austria (AP) - NATO and Warsaw Pact negotiators reached tentative agreement Thursday on reducing non-nuclear weapons in Europe, diplomats said.

Hungary's chief negotiator, Ambassador Istvan Gyarmati, said the last minor disagreements were worked out at a plenary meeting of the 22 nations belonging to the two military alliances.

Other diplomats, who spoke on condition of anonymity, also said a tentative agreement had been reached.

The treaty allows each side to keep 20,000 battle tanks. It also limits each to 30,000 armored combat vehicles, 20,000 pieces of artillery, 6,800 combat aircraft and 2,000 attack helicopters.

With the treaty scheduled for signing in Paris on Monday - the first day of the 34-nation Conference on Security and European Cooperation - diplomats at the Vienna talks had been under pressure to reach agreement. U.S. officials said in Washington on

Wednesday that substantive questions remained, including verification that the North Atlantic Treaty Organization and Warsaw Pact actually were destroying tanks, anti-aircraft guns and other non-nuclear weaponry.

But negotiators in Vienna said the issues were relatively minor, and U.S. officials predicted the treaty would be ready for signing on Monday.

Gyarmati said negotiating teams had sent copies of the draft agreement to their capitals and senior officials.

Thanksgiving commissary hours

COROZAL - Commissary officials have announced a change in the Corozal and Fort Espinar commissaries' operating hours for Thanksgiving week.

The commissaries will open Monday from 10 a.m. to 6 p.m. However, they will be closed Thanksgiving Day and Friday.

The Howard Air Force Base Commissary will be open for regular hours daily except Thanksgiving Day, when it is closed.

Baker to meet foreign ministers

WASHINGTON (AP) - Secretary of State James A. Baker III is beginning a new round of consultations with other nations as the Bush administration tries to solidify support for its toughening stand against Iraq.

Baker will meet over the weekend with the foreign ministers of three African countries as well as Romania and Finland. All are members of the U.N. Security Council.

Quitting smoking can turn back health clock

(AFIS) - Quitters never win, unless what they're quitting is smoking, said U.S. Surgeon General Antonia C. Novello.

In the first report on smoking issued since she became the nation's surgeon general, Novello focused on the good news for people who quit smoking. Some highlights of her September report:

*After five to 15 years, quitters' risk of stroke drops to the same as that of those who never smoked; smokers have about twice the risk of dying from stroke as non-smokers.

*After five years, quitters' risk of cancers of the mouth, throat and esophagus is half that of those who still smoke.

*After only one year, the risk of heart disease is half that of those who keep smoking. After 15 years, the risk is equal to that of those who had never smoked. Smokers have twice the risk of dying from heart disease compared with lifetime non-smokers.

*The risk of lung cancer 10 years after quitting drops to half that of those who keep smoking.

*The risk of dying from lung cancer is 22 times higher for male smokers and 12 times higher for female smokers compared with persons who have never smoked.

*Within a few years, the risk of bladder cancer becomes half that of those who keep smoking.

*Persons who quit smoking before

When you feel an urge to smoke. . .

Say Stop! → **Think:** → **Act:**

- Of why I want to quit.
- I can wait out the urge.

- Sip, eat, chew
- Keep hands busy
- Move/get up
- Talk to a friend
- Sigh, yawn, or breathe deeply

age 50 have half the risk of dying in the next 15 years as do those who continue smoking.

*While studies have shown people gain an average of five pounds after quitting smoking, the health benefits of quitting still exceed the risks of the slight weight gain.

*If a woman quits smoking as late as the third or fourth month of pregnancy, the risk of a low birthweight baby drops

to the same as if she had never smoked. Smokers have double the rate of low birthweight babies as non-smokers and a 25 to 50 percent higher rate of fetal and infant deaths. One fourth of American women continue to smoke throughout pregnancy.

Although no study has looked at rates of illness in children whose parents have quit smoking, the report proposed that lack of exposure to smoke would result in

less frequent illness. Smokers' children have higher rates of respiratory diseases and middle ear infections than do children whose parents don't smoke.

"Passive smoking-induced infections in infants and young children can cause serious and even fatal illness," added Novello in her report. "Moreover, children whose parents smoke are much more likely to become smokers themselves."



Parents bring learning to life when reading aloud to kids

by Ron Ferland
Howard AFB Librarian

HOWARD AFB (24TH COMPW/PA) - As parents, why should we read aloud to children? In short, because youngsters really need to read to succeed. Reading is universally recognized as one of the key skills we need to enjoy meaningful and productive lives.

Just as "literacy empowers," illiteracy slows down or even blocks our learning process. According to the U.S. Department of Education, functional illiteracy is a real problem in the U.S. One in five adults can't read a daily newspaper.

Preventing adult illiteracy begins by making sure our children get a "headstart" on reading abilities. Educators emphasize that reading aloud to children helps them mimic sounds and associate those sounds with the written word. This ability to mimic exists in infants so we might begin reading to children when they're less than a year old.

It's important from age two to five years. Research done in New Zealand showed when teachers explained new words as they read, children doubled the rate at which they increased their vocabulary.

Military Family Week is a great time to encourage reading. Here are a few suggestions:

Limit television viewing, then set aside a "special" time and place to read aloud.

Start reading picture books with large-print "sightwords." Some parents reinforce word/picture association by making big flashcards that match household furniture.

Gradually, move on to first readers and Mother Goose rhymes. Don't be afraid to ask a librarian or teacher for help in choosing books.

If you're checking out books from a local library, ask for a copy of "The Read-Aloud Handbook" by Jim Trelease. It's the best advice available on how we can pass on to our children the lifetime gift of reading.

Provost Marshal's Corner

Here we are again at the Provost Marshal's Corner with another week of housing area statistics. These are the statistics from Nov. 2 - 8.

Larceny		Housebreaking	Burglary
Secured	Unsecured		
3	3	2	0

As you can see the amount of crimes are staying about the same. Let's do our best to get zeroes in the unsecured column.

I have some statistics for October. Of 36 larcenies, burglaries and housebreakings, 19 were unsecured, that's 53 percent of the larcenies including six stolen bikes, five of which were unsecured.

Now let's open our crime files and see what we have.

Recently one of our "Bruce Lee fanatics", while traveling downtown, decided to practice his martial arts.

After becoming involved in an argument with local

citizens, he decided to pull his handy nunchucks and assault one. He was apprehended by a joint patrol. In the process of apprehension the individual resisted and was injured. The individual was then transported to Gorgas Army Community Hospital where he was treated for several lacerations and bruises.

Remember, when traveling in Panama, don't be the UGLY American.

That's all for this week, everybody pitch in and TAKE A BITE OUT OF CRIME!

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This authorized unofficial command information publication is for U.S. armed forces overseas. The Tropic Times is published in conjunction with the Armed Forces Information Program of the Department of Defense, under the supervision of the director of public affairs, U.S. Southern Command. Contents of the Tropic Times are not necessarily the official view of the U.S. government, the Department of Defense or the U.S. Southern Command. The address is: APO Miami, 34002, Albrook Post Office. Telephone 285-6612.



Lump-sum payouts to end

COROZAL (USARSO PAO) - Federal employees covered under Civil Service Retirement Systems (CSRS and FERS) who retire on or before Nov. 30, may still elect the lump-sum payout.

The plan is also known as the alternative form of annuity on a 50/50 percent payout over a two-year period. After Dec. 1, the AFA benefit will be suspended for five years with these exceptions:

* Retirements resulting from involuntary separation actions (but not for cause).

* Employees who elect optional (immediate) retirement and are deemed terminally ill.

* Employees called up as reservists for active military duty in support of Desert Shield and retire by Nov. 30.

* Employees in certain positions certified as essential in support of Desert Shield and who were eligible to retire on or before Nov. 30 and subsequently retire by Nov. 30, 1991.

This exception may require Secretary of Defense level approval.

To be eligible for retirement and the lump-sum option employees must meet the following criteria:

Minimum age	Minimum service (years)
62	5
60	20
55	30

Transfer of function employees who are 48 years old and have 18 years of service are eligible for retirement and the lump-sum option as are employees with 23 years of service.

Employees serviced by the U. S. Army South Directorate of Civilian Personnel, seeking further information may contact Catalina Ledesma at 285-5745 or 285-5941.

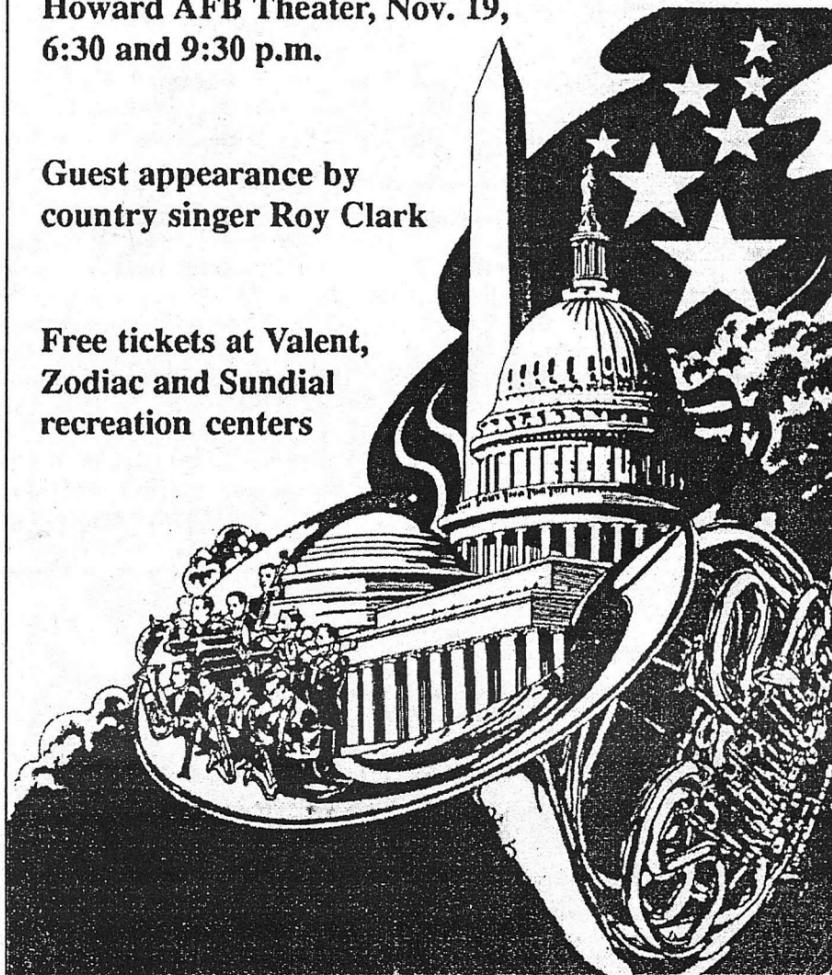
Anyone considering retirement should submit a Standard Form 52, Request for Personnel Action, to the Benefits Section, Building 560, Corozal, as soon as possible to avoid a delay in receiving the retirement check.

'Serenade in Blue'

Howard AFB Theater, Nov. 19,
6:30 and 9:30 p.m.

Guest appearance by
country singer Roy Clark

Free tickets at Valent,
Zodiac and Sundial
recreation centers



Employment

CPO

NOTE: ALL APPLICANTS SHOULD BE AWARE THAT HIRING IS SEVERELY RESTRICTED DUE TO DOD WORLD WIDE HIRING FREEZE WHICH IS EXPECTED TO LAST THROUGH 31 DEC 90. INTERNAL PLACEMENT IS NOW PERMITTED & IS RESTRICTED TO DOD CURRENT EMPLOYEES. CURRENT TEMPORARY EMPLOYEES MAY NOW APPLY AGAINST PERMANENT VACANCIES & REFERRALS ARE SUBJECT TO MANAGEMENT'S DECISION TO FILL WITH TEMPORARIES. SPECIALIZED EXPERIENCE REQUIREMENT TO DUTIES SIMILAR TO THOSE REQUIRED BY THE VACANCY. MILITARY SPOUSES: USARSO HAS PERMITTED, AS AN EXCEPTION TO THE DOD HIRING FREEZE, THE HIRING OF QUALIFIED MILITARY SPOUSES ON A LIMITED BASIS. MILITARY SPOUSES, IF AVAILABLE & QUALIFIED MAY BE HIRED ON A "ONE FOR TWO VACANCIES" RATE. THAT IS FOR EVERY TWO VACANCIES BEING FILLED ONE MAY BE FILLED BY A MILITARY SPOUSE AS AN EXCEPTION TO THE DOD HIRING FREEZE.

AMENDMENT ON HOW TO APPLY: FAILURE TO COMPLETE USARSO FORM 106, WHEN REQUIRED, COULD HINDER AN APPLICANT'S CHANCES OF BEING REFERRED FOR THE VACANCY.

VB# VACANCIES TITLE AND LOCATION OPEN: 11-16-90 CLOSE: 11-27-90

072-91 MESSENGER (MVO), NM-302-2. SENSITIVE. TEMPORARY NTE 1 YR. US-SOUTHCOM, SCJ1-Admin Svcs. Div., Ft. Amador. Gen Exp: 3 months. NOTE: Position is restricted to person entitled to veteran's preference. Driver's license required.

073-91 NURSING ASSISTANT, NM-621-4. USA MEDDAC-PANAMA, GAH, Dept. of Nursing, Ancon. Gen Exp: 6 months. Spec Exp: 6 months. Job Rel Crit: None. However, applicants must possess at least 6 months of experience described under duties. NOTE: Only permanent DOD employees will be considered. Shift work: 12-hrs shift work req.

074-91 MEDICAL CLERK, NM-679-5. USA MEDDAC-PANAMA, GAH, Dept. of PC&CM, Ancon. Bilingual (English/Spanish). Shift Work. Spec Exp: 1 yr. equiv. to NM-4. Job Rel Crit: None. However, candidates must show at least one year of experience as described under "duties". NOTE: Only permanent DOD employees will be considered for this position.

075-91 SECRETARY (TYPING), NM-318-5. DCA, CFA, CRD, Ft. Clayton. Spec Exp: 1 yr. at NM-4. TIG: NM-4. Knowledge of Spanish required.

076-91 SUPERVISORY SUPPLY TECHNICIAN, NM-2005-7. USA MEDDAC-PANAMA. Logistics Div., Ancon. Spec Exp: 1 yr. equiv. to NM-6. TIG: NM-6. Job Rel Crit: 1. Ability to supervise. 2. Knowledge of stock fund document control operations. 3. Knowledge of personnel management principles and procedures. 4. Knowledge of DOD Supply System. NOTE: Incumbent may be required to work day, evening or night shifts, and perform weekend or holiday work. Only permanent DOD employees will be considered for this position.

077-91 SUPERVISORY RANGE OPERATIONS COORDINATOR, NM-303-7. DPTM, Range Branch, Cocoli. SENSITIVE. Spec Exp: NM-5. TIG: NM-5. Drivers license required. SOPR Form 1177 required. NOTE: Only permanent DOD employees will be considered for this position.

078-91 BUDGET ANALYST, NM-560-7/9. 1109th USA Signal Bde., Support Div., Financial Sect., Corozal. Spec Exp for NM-7: 1 yr equiv to NM-5. TIG for NM-7: NM-5. Spec Exp for NM-9: 1 yr equiv to NM-7. TIG for NM-9: NM-7. Position may be filled at either grade. Job Rel Crit: 1. Knowledge of the organizational structure, programs and work methods of components budgeted. 2. Skill in identifying, categorizing and analyzing quantitative data. 3. Knowledge of budgetary and financial relationships. SOPR FORM 1177 REQUIRED.

079-91 INTERDISCIPLINARY, NM-9. USA MEDDAC-PANAMA, ADAPC Div., Pacific Community. SOCIAL WORKER, NM-185-9 Spec Exp: MS-Social Work. TIG: NM-7. PSYCHOLOGIST, NM-180-9 Spec Exp: BA/2 yrs. TIG: NM-7. SOCIAL SCIENCE, NM-101-9 Gen Exp: 3 yrs. Spec Exp: 2 yrs. TIG: NM-7. Job Rel Crit: None. (A)**This pos. requires that selectee take an urinalysis test for illegal drug use prior to appointment. (B)**This pos. requires that selectee obtain the ADAPCP clinical certification. (C)**This pos. may be filled in any of the three specialties. NOTE: Applications will be accepted for both permanent and temporary appointment.

080-91 INTERDISCIPLINARY, NM-9. TEMPORARY NTE 30 SEP 1991. USA MEDDAC PANAMA, ADAPC Div., Pacific Community. SOCIAL WORKER, NM-185-9 Spec Exp: MS-Social Work. TIG: NM-7. PSYCHOLOGIST, NM-180-9 Spec Exp: BA/2 yrs. TIG: NM-7. SOCIAL SCIENCE, NM-101-9 Gen Exp: 3 yrs. Spec Exp: 2 yrs. TIG: NM-7. Job Rel Crit: None. (A)**This pos. requires that selectee take an urinalysis test for illegal drug use prior to appointment. (B)**This pos. requires that selectee obtain the ADAPCP clinical certification. (C)**This pos. may be filled in any of the three specialties.

081-91 LOGISTICS MANAGEMENT SPECIALIST, NM-346-9. SENSITIVE. USAG, DPTM, Ft. Clayton. Spec Exp: NM-7. TIG: NM-7.

082-91 SUPERVISORY TRANSPORTATION SPECIALIST, NM-2101-11. SENSITIVE. 41st ASG, DOS, Transportation Div., Corozal. Spec Exp: NM-9. TIG: NM-9. Job Rel Crit: 1. Knowledge of DA policies and procedures relating to management and control of Transportation Motor Pool. 2. Ability to plan, control and coordinate several diverse activities simultaneously. 3. Ability to communicate orally and in writing. 4. Skill in applying management statistical trends and information. NOTE: SOPR Form 1177 required.

083-91 (2) EMPLOYEE DEVELOPMENT SPECIALIST, NM-235-11. USAG, DCP, Training & Development Div., Corozal. Spec Exp: 1 yr at NM-9. TIG: NM-9. Job Rel Crit: 1. Skill in designing, developing, conducting and evaluating adult training programs. 2. Ability to interpret policy, plan, control and manage training and development programs. 3. Ability to counsel employees regarding individual development and training opportunities. 4. Ability to consult with and counsel management on short and long term training needs. NOTE: Position required lifting items weighing up to 70 pounds.

084-91 SECRETARY (TYPING), NM-318-4/5. USA MEDDAC-PANAMA, GAH, Clinical Support Div., Ancon. BILINGUAL. Gen Exp: 1 yr. Job Rel Crit: None. However, candidates must show at least one year of experience as described under "duties". NOTE: Only permanent DOD employees will be considered for this position. Position may be filled at either grade level.

085-91 CLERK TYPIST, NM-322-3. Provost Marshal Office (Atlantic), Ft. Davis. Gen Exp: 6 months. NOTE: Clerical & Administrative Support Positions (CASP) Test is required.

NOTE: VB# 536-90, Tractor Operator, MG-5705-6 is suspended until further notice.

VB# 751-90, Supervisory Training Program Specialist, NM-301-11; VB# 049-91, Medical Technician, NM-645-6; and VB# 062-91, Technologist, NM-644-7 are hereby cancelled.

RECURRING VACANCIES:

The CPO is accepting applications for the following positions:

CLINICAL NURSE - All Specialties. U.S. license required.
LICENSED PRACTICAL NURSE - U.S. license required.
NURSE ANESTHETIST, NM-610-11 - U.S. license required.

FOR INFO CALL: Ms Sullivan at 285-4116

Air Force regulations govern firearm possession

HOWARD AFB (24TH COMPW/PA) - Military members who come to Panama with personal firearms should be mindful of the rules concerning the storing of weapons on the base.

Local laws, military regulations and Department of Defense rules governing the registration, bearing, possession and use of privately owned firearms should be followed closely, according to local law enforcement officials.

According to Air Force Regulation 125-37, which clarifies the rules, members must register their firearms regardless if it is stored in an approved designated area or in military family housing.

Firearms must be registered on Air Force Form 1314, if the firearm is maintained in a designated facility or in the member's family housing. This

form should be maintained in unit orderly rooms. Howard Air Force Base Regulation 125-37, paragraph seven, outlines firearms registration procedures.

Base housing occupied by unaccompanied members are considered bachelor living quarters. People residing in these quarters must store their firearms in the security police armory located in Building 237.

Members living in dormitories, transient quarters, and guest housing are not authorized to retain possession of their firearms and ammunition. The security police armory is designated as the storage facility for firearms not authorized for retention by the owner.

People who want to take their weapons off base must have a license issued by the Republic of Panama. The license is based on the intended use of

the firearm, such as competition, personal protection or other valid reason.

To obtain a license from the Republic of Panama, go to the Judicial Technical Police central office located on Fourth of July and Avenida Nacional and obtain a police check. Two copies of the member's bilingual identification card and two photographs must be provided.

Members requesting permits for handguns are required to turn in the firearm along with two rounds for a ballistic test. When carrying a firearm in the Republic of Panama for personal protection, members must have their license in their possession and keep the firearm concealed at all times. However, while on any military base, registered firearms must be transported unloaded and secured out of the reach of occupants. No one may carry a

firearm concealed on their person on any local base.

Civilian members are not authorized to carry firearms for personal protection while on Howard AFB or Albrook AFS. Civilians without permits who want to transport their firearms from the Howard AFB or Albrook AFS areas to another defense site should contact the 24th Security Police liaison at 284-3515, for proper coordination with Panama's public forces.

Firearms will not be transported on motorcycles, bicycles, or any other two-wheeled or three-wheeled vehicles. Weapons registration procedures are a serious matter affecting the safety and security of the base, say security police officials.

For more information concerning registration, call SSgt. Steven Rivera at 284-4755.



Sgt. Maurice Howard gets down and dirty beneath a concertina wire obstacle.

Soldiers tackle 'Green Hell'

story and photos by SFC Robert Waggoner

FORT SHERMAN (USARSO PAO ATLANTIC) - Escaping from their typewriters, computers and office drudgery, garrison soldiers recently slipped and slid their way through the "Green Hell" Confidence Course.

At 7 a.m. Oct. 25, 29 Company D U.S. Army Garrison and six Atlantic Detachment, 1190th Signal Battalion soldiers used the confidence course to develop their teamwork skills and endurance in a jungle environment.

Spaced five minutes apart, groups of five had to negotiate 13 obstacles as a team.

"I wanted to show our soldiers there are other things in the Army besides sitting behind a desk," said SFC Bryce Fox, Company D first sergeant.

The first barrier to face the team was a five-foot wall. Once over the wall, they scrambled up a narrow, slippery trail infested with rocks, tree roots and vines to the second station.

There they entered the "Bushmaster," a course consisting of belly-crawling underneath a low rail, high-stepping through a tire lane and low-crawling beneath two low rails.

Teams at obstacle three teetered and tottered across two balancing logs spanning a 10-foot ditch.

Next came a stomach-tightening 40-foot embankment descent using a knotted rope and the hand-over-hand technique.

After reaching the bottom, one soldier was carried on a stretcher by the four remaining teammates. The team traveled around an island cove through knee-deep water and back to the beach.

After staggering along the beach, the tired participants looked up at the next challenge - a cargo net anchored to a 40-foot cliff which needed to be climbed. Their fear of heights couldn't be laid to rest at the top of the long climb, because the next task was descending another cargo net on the other side.

With arms already burning from the rope climbs, stations eight and nine further tested the participants. At station eight, soldiers climbed a knotted rope and then inched across a two-rope bridge located 15 feet above the ground. Once on the ground, the soldiers hustled to station nine to climb an inclined ladder and used the commando crawl to cross a horizontal rope



Spec. Chitany Johnson and a teammate scale the 40-foot cliff at the cargo net obstacle.

to a vertical pole before sliding to the ground.

Just around the corner from station nine loomed station 10 - the 34-foot wooden vertical ladder. Using the buddy system the unit encouraged each other to scale over the 34-foot obstacle. Some participants needed to be talked through their fear of heights.

Greeting weary members next was objective 11, a crawl through cool muddy water beneath concertina wire. The water momentarily refreshed the soldiers for the last two obstacles.

With the finish line in sight and only two more tests of endurance to go, the teams high-stepped through the hip-overs and clambered over a six-foot wall to finish their "Green Hell" experience.

"It was very challenging and helped me overcome my fear of heights," said Sgt. Rayfeen Green after the course. "My main concern was safety for myself and the squad and to get through that sucker alive."

Hospital commander urges parents to vaccinate children

GORGAS ARMY COMMUNITY HOSPITAL (USARSO PAO) - A measles outbreak has recently happened in Panama, according to Gorgas Army Community Hospital officials.

Children under 15 months are the ones primarily affected by the outbreak.

"Measles is a highly contagious disease. Gorgas has recently documented six patients with measles, and three of those were hospitalized for complications," said Dr. (Col.) Michael McConnell, hospital commander.

Measles can be prevented though vaccination.

"I would strongly urge parents to vaccinate their children ages six to 12 months," McConnell said. "All children above 12 months should be vac-

nated with the Measles, Mumps, Rubella - or MMR - vaccine."

Children who received a measles inoculation before age one should receive a second MMR at 15 months, he said.

McConnell said complications frequently occur in cases of measles. There is also a two percent mortality rate in infants.

"Parents should be certain their children are immunized against measles," he stressed.

The current measles outbreak started in the United States in 1989, spreading south through Central America.

For information about the outbreak or vaccinations call Dr. Byron at the Gorgas pediatric clinic, 282-5171.

Safe houses protect children

by Spec. James Yocum

FORT CLAYTON (USARSO PAO) - Sometimes, the road home from school can be scary for a child. Suspicious looking strangers, a fall that bloodies the knee and many other hazards often make the trip seem endless.

U.S. Army South's Safe House program will give children a place to go when they find themselves in trouble - all they have to do is look for the sign.

"There's a poster that will be given out to volunteers," said Sarah Hunt, Safe House project officer. "Volunteers put this poster in the window, and if a child needs assistance, they can go there."

Hunt, a secretary in contraband control, got the idea from a similar program in the United States, called the Helping Hand.

The Safe House program is being pushed by USARSO's Mayoral Congress, in conjunction with the garrison commander's office, Hunt said.

So far, the program is lacking in volunteers. Only six families have offered their houses as havens for lost or scared children.

For safety reasons a background check will be done on volunteers.



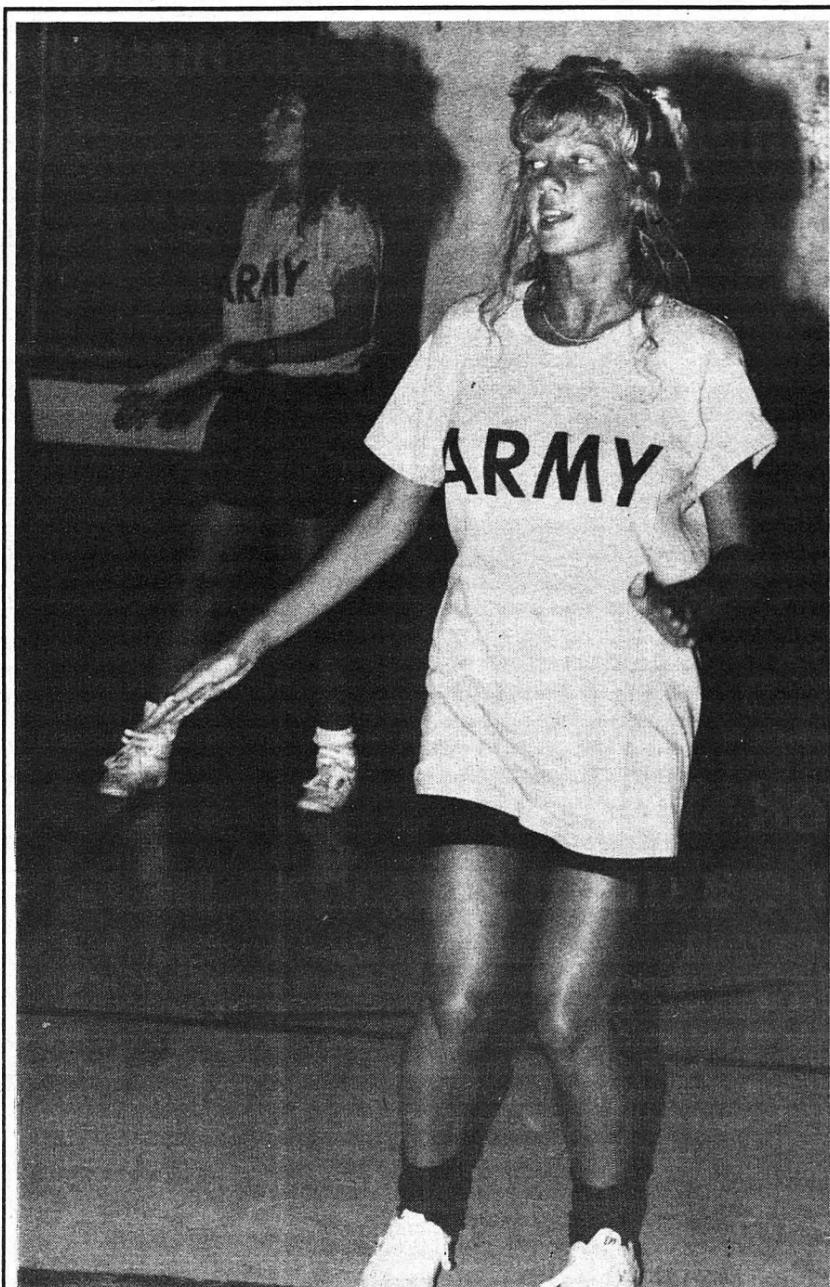
Likewise, posters will be controlled items to keep them from falling into the wrong hands, Hunt said.

Volunteers will be briefed on what actions to take in different situations, but generally the process is common sense, Hunt said.

The garrison commander's office hopes to have a high number of safe houses - maybe even every other house in the neighborhood, Hunt said.

"We really need a lot of volunteers," Hunt said. "All they have to do is call their mayor, and we will take care of the rest."

To reach your mayor, contact the garrison commander's office at 287-6668.



TURKEY LEADERS - Teresa Elvin (front) and Cristina Brandenburg practice cheerleading at Curundu Elementary School for the upcoming Turkey Bowl 90. (U.S. Army photo by Spec. Eric Vetesy)

Host a sailor for holiday dinners

(NAVSTAPANCANAL - PAO) - This holiday season, U.S. Naval Station Panama Canal will have its usual amount of sailors here on temporary assignment, who will be separated from their families and friends.

The Navy Public Affairs Office is currently soliciting volunteers to host one or more servicemembers at their homes for Thanksgiving and Christmas dinner.

Most people in the military have been away from home during the holiday season and know how appreciative these servicemembers will feel to be hosted by your family. Also, this program will provide them with a wholesome break from their ships.

If you are interested in hosting a sailor for this holiday season, please call the Navy Public Affairs Office at 283-5641/5644.

Health benefits open season gets under way

(AFIS) - Open season for 1991 health insurance began Tuesday for federal civilian employees and retirees.

The annual open season, which ends Dec. 10, allows employees to compare plans and switch if they wish, said Office of Personnel Management officials. Under the Federal Employee Health Benefit Program civilian employees pay about 25 percent of the bi-weekly premiums and the government pays the rest. Retirees are also eligible for the health insurance coverage but pay their premiums monthly.

According to OPM officials, the average bi-weekly premium in 1991 will increase 6.6 percent - average premiums jumped 13 percent in 1990 and 20 percent in 1989. Of the more than 300 plans participating in the program, they said, 89 offer premium reductions for 1991.

The government, expecting to pay more than \$9.8 billion in 1991 health benefits premiums, has instituted two changes in the plans to help cut costs: precertification and large-case management.

Under precertification, the employee or doctor contacts the health plan before the employee is admitted to a hospital for non-emergency care. Based on the information provided, the plan may certify the admission for a specified time period.

If necessary, stays may be extended. However, OPM officials said, the plan may deny admission if it

determines alternative treatment exists. Individuals who disagree with their plan's decisions and obtain impatient treatment without precertification may face a \$500 penalty.

Large-case management looks for alternative therapies or treatments for terminal or chronic conditions. According to OPM officials, all factors in the patient's condition are thoroughly checked before the type of care is decided. Alternative methods can include home care, outpatient treatment and skilled nursing. They stressed cost cutting does not mean diminished quality care.

Five health plans won't be available next year, so the 45,000 individuals enrolled in them need to pick new plans. Dropped are the American Federation of Government Employees, National Federation of Federal Employees, National Association of Government Employee, Government Employees Benefit Association, and Postal Supervisors plans.

Some plans are open to federal employees in general; a few others may first require membership in a union or association.

Most plans are health maintenance organization-type packages, which generally means they serve a limited geographical area and limit patients to participating doctors and facilities in exchange for covering a wide range of services at little or no cost above the premium.

Examples of non-geographical plans and biweekly 1991 premiums (retirees pay the same rates but on a monthly basis) are:

*Blue Cross and Blue Shield: high self, \$95.80, up \$9.12; high family, \$199.93, up \$19.02; standard self, \$16.92, same; and standard family, \$35.55, same;

*Alliance Health Benefit Plan: high self, \$145.79, up \$70.45; high family, \$248.60, up \$21.68; standard self, \$16.94, up \$1.64; and standard family, \$40.83, up \$3.94;

*American Postal Workers Union Plan: self, \$18.85, up 71 cents; and family, \$39.93, up \$2.62;

*Foreign Service Benefit Plan: self, \$18.69, down \$3.74; and family \$55.96, down \$13.26;

*GEHA Benefit Plan: self, \$20.14, up 98 cents; and family, \$41.38, up \$3.43; and

*Mailhandlers Benefit Plan: high self, \$14.66, up 57 cents high family, \$32.67, up \$1.25 standard self, \$11.95, up 68 cents; and standard family, \$25.94, up \$1.47.

Officials advise individuals to compare their current coverage with other plans to see if they are getting the best coverage for the money. For more information on specific health plans, contact local civilian personnel offices.



GREETES TROOPS - President Bush greets members of a Tinker Air Force Base AWACS squadron as he arrives in Oklahoma City. (AP Laserphoto)

Company delays shipments

FALLS CHURCH, Va. (ARNEWS) - Unsatisfactory performance by a contract carrier has resulted in delayed property shipments for soldiers and DoD civilians, and action against the company.

Property shipments from the United States to Europe will be held up for up to three weeks because American Ensign Van Service, Inc., failed to complete movement of consigned shipments.

Military Traffic Management Command officials say the company was put on worldwide non-use Oct. 24 for the failure. MTMC is arranging for other carriers to complete shipments stranded by American Ensign.

Soldiers and DoD civilians should contact their local personal property shipping office to determine the status of American Ensign shipments.

Energy savers receive awards

WASHINGTON (ARNEWS) - Several Army persons and organizations have won recognition in this year's Federal Energy Efficiency Awards Program.

For their efforts in conserving energy, reducing energy consumption and making greater use of alternative energy sources, this year's recipients stand as examples of what others can do in these times of high-cost energy and dependence on foreign energy sources, said Lt. Col. Harry Corley in the Army Energy Office at the Pentagon.

He identified the individual awardees along with a summary of their accomplishments as follows:

-Lawrence Chenkin, chief of the energy management branch at Fort Eustis, Va. His development of a "shared energy savings contract" with the local gas company has saved scarce federal government funds, and has (in the words of the award citation) "given

Fort Eustis an energy option that will allow for increased savings in the future."

-William J. DeJournett, chief of the energy branch at Fort Rucker, Ala. "One of his most significant achievements," explains the award citation, "was the introduction and testing of a ground-coupled heat pump system for base housing." Use of the system has produced a 41-percent reduction in consumption of electricity and natural gas in conventional houses.

It also has led to reduced gas peak demand in the winter and reduced electrical peak demand in the summer.

-Peter Fludovich of the Energy Management Office at New Cumberland Army Depot, Pa. Under his direction, consumption and costs for fiscal years 1987 through 1989 reflected a savings of more than \$627 thousand.

-Robert G. O'Brien, chief of the utilities engineer-

ing division at Fort Belvoir, Va. In the category of Special Awardee, he was cited for, among other efforts, "his skillful promotion of third-party contracting that resulted in the award of the first shared energy savings contract in the Department of Defense.

This project is expected to save \$3.5 million in energy costs over 25 years at one installation."

Individual recipients in the Small Group category were Francis W. Sands and Raymond Leece of the 47th Area Support Group in England.

Leece "was responsible for the installation of numerous energy-saving measures, such as recirculating electrostatic air cleaners in vehicle maintenance shops, motion-detecting lighting controls in unoccupied housing units, lighting retrofits in numerous buildings, and insulation and double-glazed windows in housing units." At the center of the energy-awareness program developed by Sands was "an aggressive campaign to reduce mobility fuels consumption.

On the organizational side, the award went to Fort Carson and the 4th Infantry Division, Colo. and to the Army Ammunition Plant at Milan, Tenn.

Teams' neighbors not only ones with 'stingers'

by Steve Davis
12th Aviation Brigade

SAUDI ARABIA (ARNEWS) - You can't see them, but Stinger missile teams are hidden in nearby foxholes that blend with the desert.

Walk too close by and a guard will pop up from a clump of sand and scraggly brush and give you a hand sign to stop.

His weapon is loaded, so you'd better move slowly.

Go ahead. Tell him why you're at the end of nowhere looking for him.

Satisfied with your answer, he'll invite you to his bunker, dug deep into the desert floor and lined with sandbags. You'll be glad if he doesn't ask you in; it's nothing fancy.

Only a bunker, a firing position and a bunch of concealed Stinger anti-aircraft missiles are out here in the sand with each team of soldiers from Company D, 3rd Battalion, 5th Air Defense Artillery.

The only neighbors the Spearhead Division soldiers from Budinggen, Germany, have are scorpions, snakes and lots of flies.

They hope their creepy neighbors never drop by. The same goes for Iraqi neighbors further north.

But if they come anyway, the air defense soldiers have something for them.

Their "surprise" is a Stinger, a tube-launched, heat-seeking missile that can chase down a plane quicker than you can say "Saddam Hussein."

"Our mission is to make positive identification of aircraft as friendly or hostile and to take appropriate action," said Sgt. Roy Martin, a Stinger team chief.

"If it's hostile, we'll engage that aircraft and prevent it from succeeding in its mission."

Martin and his gunner, Pvt. Scott Shepherd, keep a 24-hour-a-day vigil near the 12th Aviation Brigade helicopter assembly area.

They spend a week or more at their position before rotating to a more comfortable living area for a few days between missions.

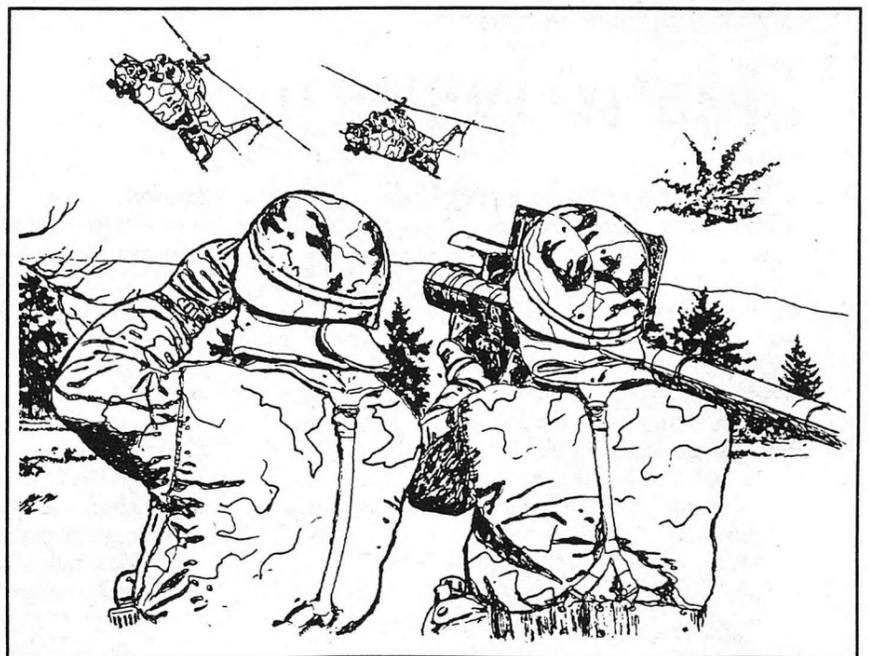
That job includes being able to visually identify most of the world's aircraft and determine if they are friend or foe.

First, a Stinger crew visually acquires a target and electronically interrogates it.

This missile notifies the gunner whether the target is a true friend, possible friend or an unknown.

"We should get a "true friend" response," said Spec. Jeffrey L. Brogdon. "If not, we're going to be on edge. We would definitely be on edge."

If the aircraft is visually and elec-



tronically confirmed as unfriendly and on a hostile mission, the gunner could be ordered to fire.

The missile tells the gunner when it has locked onto the target. Then, all the gunner has to do is squeeze the trigger. "After that, it's up to the weapon," Shepherd said.

A small launch motor would propel the Stinger from its tube. Once clear of

the gunner, the main engine would ignite and the Stinger would streak toward its target and blast it from the air.

"It was pretty effective in Afghanistan," Shepherd said, "and I have a lot of confidence in it here."

At another Stinger position, one air defense poet put it in desert terms - "They may be bad, but scorpions ain't the only ones with Stingers."

AF offers activities during Military Family Week

HOWARD AFB (24TH COMPW/PA) - The following is a synopsis of events that take place during the National Military Family Week celebration at Howard AFB and Albrook AFB. Military Family Week runs Sunday through Nov. 24.

The week's events include a Kodak Kolorkins presentation at the Zodiac Recreation Center Nov. 24 from 10 a.m. to 2 p.m., 3rd floor of Building 709. Kodak Kolorkins are Disney-like characters, with whom you can take pictures.

Also Nov. 24, the Panama Canal "Square Ups" square dancing team performs at the Zodiac Recreation Center from 10 a.m. to 2 p.m. These couples perform the traditional and modern steps to country and rock and roll music and invite audience participation. The week's other events include:

Sunday - Pony rides, free drawing for T-shirts, 10 a.m. to noon. Ongoing events at the Howard AFB and Albrook AFB Bowling Centers and swimming special at the Albrook Pool until Wednesday.

Monday - Air Force Band special recognition to the Air Force military family at the Howard Theater, 7 p.m.

Tuesday - Parent and child communication workshop by Sandy Wallace, an experienced family workshop conductor at the Howard Youth Center at 7 p.m. For sign-ups and information, call 286-4663/3195, or 284-4700/6135.

Wednesday - Turkey Bowl at Balboa Stadium.

Thursday - Thanksgiving buffet, at Albrook, 11 a.m. and 2 p.m. family Thanksgiving lunch, 11 a.m. at the Howard Officers' Club. Thanksgiving buffet at the NCO Club, 1 to 5 p.m. Thanksgiving weekend tour to Chiriqui Province until Nov. 25. There will be \$2 per family swimming all day at the Albrook Pool through Nov. 24.

Friday - This is a "down day" for military and the



kids are out of school, and there will be plenty of activities all day.

At 8 a.m. there is a parent/child select shot golf tournament at the Horoko Golf Course. There will be prizes, free T-shirts and refreshments.

From 9 a.m. to noon there will be an aerobics marathon at the Howard gym, featuring base and

local aerobic instructors, a fashion show of the latest aerobic gear and drawings for prizes.

From 10 a.m. to 1 p.m. there are pony rides sponsored by the MWR riding stables in the field between the NCO club and youth center, the Breezeway Ice Cream Parlor will be open, and there will be a clown sculpting balloons, Panamanian handicrafts on sale, and a DJ playing music.

At 1 p.m. there will be a family pet show at the Howard Youth Center. From 1 to 3 p.m. there will be a small craft and water safety course at the Albrook pool given by the American Red Cross team.

Nov. 24 - From 9 until 11 a.m. there will be a family soccer game at the Howard parade field. Certificates will be awarded.

From 10-10:30 a.m., there will be a 20-minute lecture on the Three L's: Limits, Learning and Love by Dr. Byron Efimaides, Gorgas Army Community Hospital chief of pediatrics, at the Howard Youth Center.

At the Zodiac Recreation Center there will be many events taking place. From 10-10:30 a.m. and 12:30 to 1 p.m., there will be slide shows on Panama. From 11 a.m. to 2 p.m., there will be a Panamanian food tasting and sale. From 11 to 11:30 a.m. there will be a square dancing show by the Panama Canal "Square Ups." From 12:30 to 1 p.m. there will be a Panamanian "Pollera" dance, featuring musicians and native instruments.

At 3 p.m. in the Howard AFB Youth Center, there will be a recital and performance by students in dance, gymnastics, and piano.

Ongoing special events from 10 a.m. to 1 p.m. at the Zodiac Recreation Center include Panamanian brochures and posters free to military families; a Panamanian handicraft display, handicraft sale by MWR, and an arts and crafts frame shop display.

Community Chapel Schedule

Pacific

AMADOR CHAPEL

Building 108, Phone: 282-3610

9 a.m. Catholic Mass
10 a.m. Episcopal Holy Eucharist
11:15 a.m. General Protestant Service
11:30 a.m. Daily Catholic Mass (Monday - Friday)

CLAYTON CHAPEL

Building 64, Phone: 287-5859

11:30 a.m. Daily Catholic Mass
5 p.m. Catholic Mass (Saturday)
9 a.m. General Protestant Service
9 a.m. CCD Classes (at Clayton Elementary School)
9 a.m. Catholic Adult Classes (at Clayton Education Center)
10:30 a.m. Catholic Mass
10:30 Sunday School (Protestant, at Education Center)
Noon Gospel Service
6 p.m. Evening Service (Youth Meeting)
8 a.m. Men's Prayer Breakfast (last Saturday of the month)
9:30 a.m. Protestant Women of the Chapel (each Thursday)

COROZAL CHAPEL

Building 112, Phone: 285-6717

7 p.m. Jewish 1st Fridays
10 a.m. Hispanic Catholic Mass
11:30 a.m. Pentecostal Sunday School
12:30 p.m. Pentecostal Fellowship-Worship
7 p.m. Evening Worship

GORGAS HOSPITAL

Building 254

12:15 p.m. Catholic Mass (2nd floor, Thursday)
Sun. Protestant Worship (To be announced at hospital)
Weekday Worship (As announced)

ALBROOK CHAPEL

Building 860, Phone: 284-3948

8 a.m. Hispanic Catholic Mass & CCD
9:30 a.m. Protestant Sunday School
9:30 a.m. Catholic Mass
11 a.m. General Protestant Service

HOWARD CHAPEL

Building 500, Phone: 284-3948

11:30 a.m. Daily Catholic Mass
4:15 p.m. Confessions (Saturday)
5 p.m. Catholic Mass (Saturday)
11 a.m. Catholic Mass
9:30 a.m. CCD (Howard School) Oct. - May 1991
9:30 a.m. General Protestant Service
10:45 a.m. Sunday School (Howard School) Oct. - May 1991
12:30 p.m. Gospel Service

USNAVSTAPANCANAL CHAPEL

Building 40, Phone: 283-4148

8 a.m. Catholic Mass
10 a.m. General Protestant
7 p.m. Bible Study (Wednesday)

Atlantic

DAVIS CHAPEL

Building 32, Phone: 289-3319

8 a.m. Catholic Mass M-W-Th, F
7:30 p.m. Bible Study (Wednesday)
4:30 p.m. Catholic Spanish Mass (Thursday)
6 p.m. Catholic Charismatic Prayer Group (Thursday)
7 p.m. Catholic Bible Study (Thursday)
4:30 p.m. Catholic Confession (Saturday)
5 p.m. Catholic English Mass (Saturday)
9 a.m. Protestant Sunday School
10 a.m. General Protestant Service (Sunday)

SHERMAN CHAPEL

Building 152, Phone: 289-6481

9 a.m. Sunday School (Sunday)
10 a.m. Protestant Worship
6 p.m. Gospel Choir Practice
7 p.m. Bible Study (Wednesday)
6:30 p.m. Catholic English Mass (Saturday)

GULICK CHAPEL

Building 224, Phone: 289-4616

9 a.m. Catholic English Mass
10:30 a.m. Catholic Hispanic Mass / CCD
11:30 a.m. Gospel Service
3 p.m. Pre-Baptismal classes (Thursday - by appt only)

Dining facilities welcome families for Thanksgiving

FORT CLAYTON (41ST ASG) - Sharing a Thanksgiving with family members in the dining facility has been a longstanding Army tradition.

Officers and family members may purchase the 1990 Thanksgiving dinner at the food cost only. The requirements to pay a holiday meal surcharge are waived. Family members refers to dependent children and spouses. Exemptions are not applicable to guests of military members or personnel collecting per diem.

	Food Cost	S/C Cost	Total
Enlisted E-1 - E-9 not receiving per diem	\$2.45	N/A	\$2.45
Officers not receiving per diem	\$2.45	N/A	\$2.45
Family members of officers and enlisted personnel of the uniformed services	\$2.45	N/A	\$2.45
Children under 12-years-old	\$1.25	N/A	\$1.25
Officers and enlisted receiving per diem will pay food costs and surcharge	\$2.45	\$3.15	\$5.60
Guests over 12-years-old	\$2.45	\$3.15	\$5.60
Guests under 12-years-old	\$1.25	\$1.55	\$2.80

The meal hours for the USARSO dining facilities are as follows:

HHC, 41st ASG Dining Facility, Building 132, Fort Clayton, noon-3:30 p.m. single soldiers and their guests; 1:30-3 p.m. families and guests.

HHC, 193d Support Dining Facility, Building 201, Fort Clayton, 11:30 a.m.-3 p.m. single soldiers and their guests; 1-3:30 p.m. families and guests.

470th Military Intelligence, Building 009, Corozal, 11:30 a.m.-1 p.m. single soldiers and their guests; 1-3:30 p.m. families and guests.

5th Battalion, 87th Infantry Dining Facility, Building 019, Fort Davis, 11:30 a.m.-1 p.m. single soldiers and their guests; 1-3 p.m. families and guests.

1st Battalion, 228th Aviation Regiment Dining Facility, Building 818, Fort Kobbe, 11:30 a.m.-12:30 p.m. single soldiers and their guests; 1-2:30 p.m. families and guests.

1st Battalion, 508th Infantry (Abn.) Dining Facility, Building 805, Fort Kobbe, 11:30 a.m.-1 p.m. single soldiers and their guests; 1:30-3 p.m. families and guests.

92nd PSC Dining Facility, Building 519, Fort Clayton, noon-2 p.m., all personnel.

1097th Transportation Dining Facility, Building 18, Fort Davis, 11:30 a.m.-12:45 p.m. single soldiers and guests; 12:45-2:30 p.m. families and guests.

For further information call SGM Goffer or MSGt. Flowers at 285-4002.

Excercise common sense, caution when traveling

FORT CLAYTON (USARSO PAO) - In light of the increasing incidence of crime and frequent demonstrations occurring in Panama City, individuals are reminded to exercise caution and common sense while traveling outside U.S. Department of Defense sites.

The U.S. Army South deputy chief of staff for intelligence suggests individuals remain alert to surroundings and anticipate isolated instances of criminal activity that may affect U.S. military or civilian personnel in off-post establishments. These include: restaurants, fast food chains, sidewalk cafes, movie theaters, open-air markets and other locations frequented by U.S. personnel.

TMO changes office hours

HOWARD AFB (24TH COMPW/PA) - The Traffic Management Office has new operating hours. The hours are Monday through Friday from 8 a.m. to 3 p.m.. Airline tickets are available for pickup between 8 a.m. and noon only.

A customer self-service center will start Monday. It will enable customers to make travel arrangements without having to speak to a passenger travel clerk. For more information on travel arrangements through TMO, call 284-3069/4503.



The experienced canoer knows how to make the trip work - lay in the front of the canoe and drink beverages while the others do the work.

Sailing clubs go canoeing

story and photos
by Sgt. Phillip D. Clark

CHAGRES RIVER (Tropic Times) - The chase boat darted up and down the line of canoes. Two young boys in a canoe raised their paddles in the air to get the attention of the boat's driver. As the driver pulled up alongside the boys, they asked in mixed Spanish and English if the driver would tow them further down the river and give their arms a rest.

The boys had reason to be tired. Their day started early and they had paddled about four miles in 2 1/2 hours.

"I wish there was more of this," said Capt. Fred Edwards, U.S. Coast Guard liaison officer. "I have been here for four years and this is the first year people could get out, be friendly and have a good time together."

Edwards and the boys were part of a family day on the Chagres River Sunday sponsored by the Panama Sailing Club.

Since November is the rainiest month

of the year, the club decided to do something different from sailing yet related to water activities families could enjoy, said Jaime Arias, commodore of the Panama Sailing Club.

To make the day more enjoyable and improve relations with other clubs, the Panama Sailing Club joined three other clubs for the outing - the U.S. Navy Yacht Club - Panama, Pedro Miguel Boat Club and Gatun Yacht Club.

The day started at 7 a.m. with a meeting at the finishing point - the Gamboa Recreation Site - before a bus trip to the canoes.

At the canoes, the group of about 95 gathered around Fred Clark, Fort Clayton Outdoor Recreation Branch chief, for a safety briefing.

After the briefing, the group manned their canoes to start their adventure. A few experienced canoers took off down the river, while others worked to get their canoes in the right direction.

To help keep up with the boaters and maintain safety, two Jon boats



Tired canoers get a lift from a chase boat helping them further down the river to finish the trip.

with motors were on hand scooting around the canoes. Also, the Red Cross supplied a boat with lifeguards to help in an emergency.

Some of the canoers gave out along the way and were towed to the front of the pack to encourage and help them finish the trip.

After the canoers made it to the end, the clubs ate lunch and played volleyball, horseshoes and frisbee.

The club wants to generate more interest among the military and is

opening a sailing school soon, Arias said. Thirty per cent of the Panama Sailing Club is military members.

The club also schedules its events in conjunction with the U.S. Navy Yacht Club - Panama.

"They hold regattas we go to, and we hold regattas they come to," said CWO 2 David Bandel, U.S. Navy Yacht Club - Panama treasurer.

The next event is the Thanksgiving Regatta Nov. 24, at 9 a.m. at Balboa Yacht Club. Everyone is invited.

Drinking and driving can cost career, money

by Sgt. Robert Turner
Social Actions Office

HOWARD AFB (24TH COMPW/PA) - This is the city, Howard AFB. Alcohol is prevalent and used to a great extent. On any given night, you can find the NCO club roaring, the package store crowded, or a dorm room buzzing with people using alcohol.

The problem is many times it gets abused. I know; I work here. I am a drug and alcohol counselor.

The story you are about to read is true. The names have been changed to protect the innocent.

It's March 23, 1989. Bill has been in the Air Force for 16 years and has managed to attain the rank of master sergeant. During his career, he had been in and out of social actions programs three times, once at an alcohol rehabilitation center. The last time he actually did admit he was an alcoholic and was working on correcting the problem.

But after completing the program, he went back to his old ways.

March 23, Bill is TDY to Offutt AFB, Neb. He is away from everyone who knows he is an alcoholic.

"Maybe I can drink again and not have any problems. If I just drink one or two, I will be alright," he thinks to himself.

He didn't stop at one or two. He went all night until he was too intoxicated to stand, let alone drive. But he did drive and was stopped at the main gate by security police for erratic driving. His troubles had just begun.

He received an Article 15 with the loss of a stripe. Now he is a technical

sergeant. Eight hundred dollars was taken from his paycheck over a two-month pay period. His insurance doubled and he lost his driving privileges for one year. He was also processed for discharge, but the discharge board showed mercy and decided to retain him in the Air Force.

He figured up what that night of drinking cost him in tangible dollar amounts. It was more than \$5,000, and that is if he gets his stripe back the first time testing.

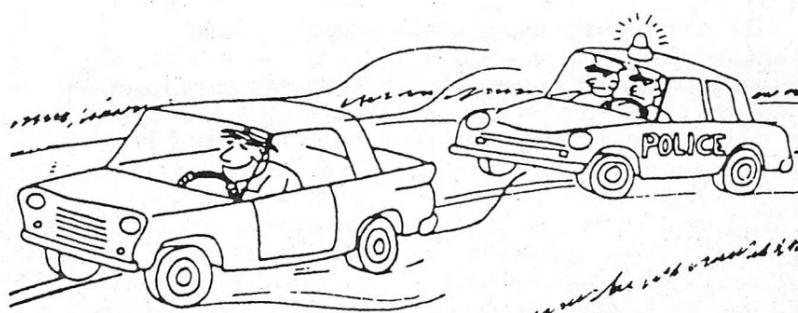
Bill's alcoholic problem only accounts for 7 percent of drivers, but these drivers are responsible for more than 50 percent of highway deaths. A larger percentage is made up of those who don't necessarily have a problem with alcohol, but don't use proper planning when they use alcohol.

Drinking alcohol is a privilege. Driving an automobile is also a privilege, and along with any privilege, comes responsibility. Handling that responsibility takes proper planning. If you drink, how are you getting home? Do you plan to have someone drive? Do you plan to stay overnight after the party? Proper planning is the key.

Most people think, "It will never happen to me." But why not? Your chances are better than the person who is not drinking and driving. After one or two drinks, a person's inhibitions are broken down enough to cause them to do things behind the wheel of a car that they wouldn't normally do. It slows down reaction time, increasing your chances of becoming involved in a serious accident. One or two drinks does not make anyone a better driver.

"I'll drink two cups of hot, black

3 Shots . . .



. . . and a Chaser

coffee and splash cold water on myself. That will sober me up." Wrong again. Hot, black coffee and cold water makes you a wet, wide awake drunk. Time is the only thing that will help sober someone up.

"Beer doesn't have as much alcohol as hard liquor so I'll just have a couple of beers before driving." Remember this; a 12-ounce can of beer, a two-ounce glass of wine, and a shot of whiskey, contain the same amount of alcohol. The only difference is volume of the drink itself.

In the four years I have worked in

social actions, I have seen what commanders can do to someone who gets arrested for DWI. Most persons overcome the Article 15s, but it slows their career. Many have been separated, which is the equivalent of being fired. I have seen one court-martial for DWI where a passenger in the driver's car was injured. That is tough to overcome.

What I am saying is, a taxi ride, asking someone who has not been drinking to drive, or leaving your car and catching a ride with someone is a cheaper alternative to drinking and driving.

Chinese artist brings wildlife to Clayton

story and photo by Spec. James Yocum

FORT CLAYTON (USARSO PAO) - A monkey glares from behind the slender artist. You can almost see a reflection in the animal's glossy eyes.

Beside the monkey perches a majestic eagle, bathed in a shower of flowers, his beak immaculate and his feathers gently preened to a gloss.

Xie Da-Jun smiles and thanks the people for compliments on his work. Not as an animal trainer, but as an animal painter.

"Art is not the original," the Chinese painter explained through his interpreter. "It's not a reproduction of the original. It's better than the original."

The artist will exhibit his art Saturday and Sunday at Valent Recreation Center.

The prime characters that have made Da-Jun's paintings famous throughout the Far East are the wildlife of China; subjects not easy to find, he says.

"In order to find the subjects, I had to go all over China. It's very difficult to go through China; the roads are not good. Sometimes I have to walk or become a mountain climber," he says.

It's been a long road for the artist; one that began in Sanshui County, Guangdong Province, Peoples Republic of China.

Da-Jun has been painting animals, and other subjects, since age 7. He became part of the Lim Nan Artist Group at age 12 and began learning from the greatest traditional Chinese artist alive - Zhao Shao Ang.

To the prestigious Lin Nan group, the 41-year-old painter represents a new age of Chinese art. During his years as a professional artist, he has been perfecting a blend between modern art and the traditional style he studied.

Da-Jun came to Panama for an exhibition more than a year ago. He has made his home here since then, kept from his homeland by unsettling political times. Although married, Da-Jun is alone here. His



Xie Da-Jun stands in front of two of his paintings which will be on display at Valent Recreation Center.

wife and 15-year-old son have been unable to leave China.

Da-Jun plans to have his wife and son join him and move to the United States, where he hopes to find a market for his painting styles. That's one reason he agreed to give an exhibition on Fort Clayton. He wants to see if Americans will buy his paintings.

"I am a famous traditional painter in China, but I have to introduce my paintings to the whole world," he said. "I want to go abroad in other countries and use my eyes to see the world and my brush to paint it."

While Da-Jun's comments may sound conceited, his self-confidence is one reason his paintings are beautiful, said Zhang Bo Liang, the governor of Sanshui County.

"He is modest and conceited," Liang said in a book

"Art is not the original. It's not a reproduction of the original. It's better than the original."

Da-Jun

dedicated to Da-Jun's paintings. "He studies from all the successful men, while he is self-confident in his paintings ... one should be modest as a man and conceited as an artist. One will not have his own painting style if he is not confident in his paintings."

Although he no longer lives in China, Da-Jun can still paint scenes from his homeland.

"If I see something I want to paint, I remember it. If I go anywhere, I keep those things in my mind and I can paint when I get home," he said. "My brain is like a computer. I see something and I capture it in my mind. Then I can paint it."

In his most recent exhibition at ATLAPA Convention Center, he demonstrated this ability. A bird flying past the window became a subject for his art.

The audience was amazed when the bird returned later and the painting was an almost identical match, Da-Jun said.

Da-Jun wants to move on and find more subjects for his paintings. This is one reason he wants to visit the United States, he explained.

His dream may become a reality, he adds. He received an offer from a group of New York businessmen to show his paintings in Manhattan. He is just waiting for paperwork to be approved by U.S. officials.

For now, the soldiers and civilians in Panama can enjoy his efforts at the Valent Recreation Center. Even if Da-Jun leaves Panama, he will leave something for the soldiers of the U.S. Army South to remember him. He's donating a painting, the majestic eagle, showered in flowers.

Cooking tips keep holiday turkey safe

(AFIS) - Family and friends are just sitting down to the holiday dinner, and everything, from the turkey to the dessert, has to be just right.

By following a few simple guidelines, the turkey placed on the table will be nicely browned and succulent, instead of underdone or overdone, say U.S. Department of Agriculture poultry experts.

Also, common sense and a little extra care will ensure a happy holiday season, the department's experts said. Otherwise, overlooking basic health precautions when preparing a turkey and its accompanying dishes can cause food poisoning.

Wash anything that touches raw poultry with soapy water before it's used again to prevent the spread of any bacteria. This includes hands, utensils and kitchen counters.

Picking out a turkey for the meal is not as simple as it used to be. Now the decision is whether to buy a fresh, frozen and stuffed, or precooked bird. Each type has specific time requirements for thawing and cooking.

The department's tips include temperatures to store the birds at and how long to allow for thawing and cooking.

Buy a fresh turkey and refrigerate it at 40 degrees Fahrenheit or colder for no more than one to two days before cooking. A frozen bird should stay in the freezer at 0 degrees or colder until it's time to thaw it. Cook it

as soon as it is thawed, officials say. Don't keep it in the refrigerator after thawing.

Thawing a frozen turkey in the refrigerator can take from one to five days, while thawing it in cold water may take anywhere from four to 12 hours. The length of time and the power level for thawing the bird in a microwave oven are provided with its instruction manual.

After thawing the bird, remove the neck and giblet package from inside it, and wash the bird inside and outside with cold water. Allow it to drain well.

Stuff the turkey loosely just before cooking, allowing about three-quarters of a cup of stuffing per pound of bird. The dressing's dry ingredients may be mixed ahead of time, with the perishable ones added just before stuffing the bird. As soon as the turkey is done, remove the dressing.

The turkey's inside temperature should reach at least 180 degrees Fahrenheit, which will cook the dressing. Directions for cooking times and temperatures are available in basic cookbooks or on the bird's wrapper.

Roasting times vary, depending on the bird's size and if it's stuffed. A stuffed bird takes longer to cook. For example, at 325 degrees Fahrenheit, an unstuffed, 16-pound turkey takes from 3 1/2 to 4 1/2 hours to cook, while a stuffed bird the same size needs 4 1/2 to 5 1/2 hours in the oven.



Refrigerate leftover turkey within two hours after cooking, Department of Agriculture experts say. The best way to store turkey is to divide leftovers into portions and store in several containers. Turkey stored in the refrigerator will keep for three or four days, but leftover dressing should be eaten within two days. Eat frozen leftover poultry or dressing within a month.

For information locally regarding food preparation and storage call

Preventive Medicine Service at 285-5643/5602.

However, the Department of Agriculture has a toll-free, year-round hotline on how to buy, cook, carve and use leftover turkey call 1-800-535-4555.

The hotline is open Monday through Friday from 10 a.m. to 4 p.m., Eastern time. From Nov. 1 through Nov. 30, the hours are 9 a.m. to 5 p.m., and Thanksgiving Day, the lines will be answered from 8 a.m. to 2 p.m.



Air Force helps Santa meet deadline

(AFIS) - Every year at this time, the post office delivers thousands of letters to Santa Claus from children telling him what they want to find under the tree on Christmas morning.

An Air Force weather detachment in Alaska has helped Santa answer his mail for more than 20 years. Located eight miles from North Pole, Alaska, members of Detachment 2, 11th Weather Squadron, saw the North Pole post office was getting more mail for Santa than it could handle. They decided to step in and help Santa answer his mail.

"It's become kind of a family affair," said TSgt. Royce Chapman, Eielson Air Force Base public affairs office. The detachment's members bring in their spouses, children and friends to help with the more

than 3,000 letters received annually. Night after night, as letters come in, the detachment works on mail received that day and readies it for next-day dispatch.

If you know a child who would like to receive a letter from Santa postmarked from the North Pole, send the child's letter, the letter you want the child to receive from Santa and a stamped envelope addressed to the child to:

**Detachment 2
11th Weather Squadron
Eielson AFB, AK 99702-5000**

Letters need to reach Eielson before Dec. 10 to make sure Santa's letter with the North Pole postmark is delivered in time.

Commissaries offer food for special meals

FORT LEE, Va. (Troop Support Agency) - Thanksgiving and Christmas are rapidly approaching, instilling in us a spirit of celebration and invoking an appetite for certain types of food that are traditionally associated with the holiday season.

According to U.S. Army Troop Support Agency officials, this is the busiest time of the year for Army commissaries.

Commissaries will stock items for the cook who prepares from "scratch" or the host or hostess who wants a special cut of meat for the holidays.

Turkeys, geese, ducks and Rock Cornish hens will be plentiful, along with your favorite stuffing ingredients or mixes.

For those who want something different, ham or standing ribs of beef are recommended. And don't forget the party platters and special cuts of meat which can be special ordered.



Sweets, appetizers, main course tie-ins and desserts will be stocked for your holiday pleasure.

A variety of items will be displayed: hard candy and striped candy canes for decorating trees or for use as stocking fillers; boxed candy dressed in bright, holiday sleeves and containers; and a large selection of Christmas cookie

baking ingredients, including different colored sugar sprinkles, decors and spices.

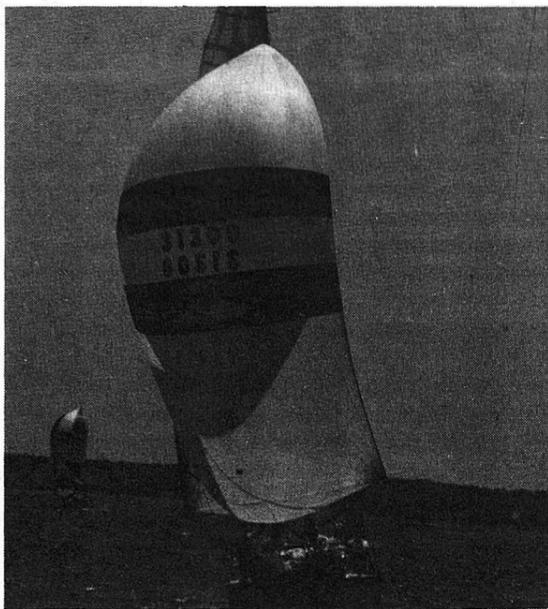
Fresh holiday eggnog, cheese spreads and special fruitcakes, including all the necessary ingredients to bake your own will be available. The party giver will be able to buy cider mixes, cocoa and extra large cans of nuts and vari-

ous dried fruits. Look for holiday fruit and fresh cranberries, pumpkins, squash and mixed nuts.

Paper plates, cups and napkins with a holiday motif, candles, economy packs of batteries, plus flowers and greenery such as Indian corn, mistletoe and poinsettias will also be sold.

Customers will also notice special prices on some of their favorite holiday items during November's "Thanksgiving Sale" and December's "Happy Holidays" sale. Use a coupon to buy a sale item and reap even greater savings. November will also mark the beginning of a promotion to benefit Special Olympics, providing savings to customers and donations to the organization.

Shop early; commissaries are expected to be crowded with customers. Commissary management can help you determine the best time to shop when the commissary isn't so busy.



Sailboat "Hot Fudgie" in the heat of competition. Skipper/owner is Lt. Col. John P. Stobie. (photo courtesy of U.S. Navy Yacht Club-Panama)

Thanksgiving regatta set

(U.S. Navy Yacht Club - Panama) - The U.S. Navy Yacht Club-Panama will participate in a Thanksgiving Interclub Regatta, sponsored by Balboa Yacht Club Nov. 24. Racing competition will include Catalina 22s, catamarans, and open (no vessels less than 10 feet in length) classes. This will be an open water race along the canal and in the inner Bay of Panama. Handicapping will be used and spinnakers are permitted.

Skippers' meeting is at 9 a.m. The race starts at 10 a.m. from the U.S. Naval Station Panama Canal, Rodman.

Spectators can view the first race start from the Rodman Marina. Intermediate viewpoints for the first race include the Scenic Lookout at the Bridge of the Americas and the Farfan Lighthouse.

The first race finish will be the second race start, which can be viewed from Farfan Beach, Balboa Yacht Club, or the Amador Causeway. The second race finish will be near Flamenco Island.

The third race will begin where the second race ends and terminate at the Balboa Yacht Club. This

race can be viewed from the Amador Causeway and Balboa Yacht Club.

The Amador Causeway and Farfan Beach will also be excellent areas to view the finish of the first race and subsequent races.

An awards ceremony will be held at the Balboa Yacht Club Nov. 27 at 7 p.m. Dinner will be pay-as-you-go.

Registration will be at the Balboa Yacht Club. For more information, contact 228-5446. An entry fee will be charged, with a discounted fee for early registration (prior to close of business Monday).

Anyone wishing to join the fun is invited: no experience required. The U.S. Navy Yacht Club is open to members and dependents of the U.S. military, civilian component, and U.S. citizen employees of the Panama Canal Commission.

Club meetings are held the first and third Thursday of each month at the Soloy Balseria in Cocoli and the Marco Polo Restaurant in Balboa respectively, at 6:30 p.m. The next meeting will be Dec. 6.

Dinner theater comes to Fort Davis

by Spec. Daniel L. Bean

FORT DAVIS (USARSO PAO ATLANTIC) - A glass of fine wine, tuxedo with tails, top hat and cane, dining and after-dinner theater - this is off-Broadway at its best.

Although it was way off-Broadway and less formal, the recent dinner theater production of "Sorry, Wrong Number" by Atlantic Music and Theater and the Fort Davis Community Club, was as enjoyable and successful for the Atlantic community as any big city production.

"It's been this way every night," said Andrew Lim, Atlantic Music and Theatre director, while double checking the stage lights in the packed dining room. "We've had a full house every night and had to setup additional tables for people who didn't have reservations."

The evening began with a buffet-style dinner prepared by the club staff. Diners enjoyed roast beef, glazed carrots, potatoes with gravy, rolls, salad bar and orange sherbet for dessert.

Following dinner, the house lights

dimmed and the spotlight focused on center stage. The 45-minute one-act comedy is set in the New York City bedroom of Mrs. Stevenson, portrayed by Cythia Furtado, a bedridden woman who relies entirely on her phone for security and comfort while her husband is away.

"We're going to do dinner theatre again," said Lim. "We have a great location and the interest is there."

The next scheduled production is a Christmas Pageant and tree lighting Dec. 19.

AF Sergeants Association seeks members

CMSgt. Michael R. Heath
24th Composite Wing
senior enlisted advisor

HOWARD AFB (24TH COMPW/PA) - As our world and our Air Force change around us, our rights and entitlements are increasingly important to our lives. We need the kind of support the Air Force Sergeants Association provides.

Through the continual lobbying efforts of the AFSA, we have gained legislative victories such as basic al-

lowance for subsistence, and increased funding that has helped improve the quality of base housing and dormitories. AFSA has also been helping those in need in our communities for years and is taking care of our future with scholarships for our dependents and a post-military employment program for our career changes. Yes, during these times of budget constraints, most everyone is taking hits, but AFSA unifies the enlisted voices presenting our needs to Congress and helping take care of our own.

I stand behind Chief Master Sergeant of the Air Force Gary R. Pfingston who says, "Support your professional association by being informed and taking the time to care about the 'people behind the stripes.'" The larger AFSA's membership, the more we can do on Capitol Hill and in our communities. I urge you, as enlisted members, to help strengthen the "Voice of the Enlisted" by joining AFSA during its 1991 membership drive. AFSA is our association. Together, we can take care of our own.

Mayors' Corner

EDITOR'S NOTE: AS A SERVICE TO THE COMMUNITY THE TROPIC TIMES OFFERS THIS COLUMN TO ALLOW COMMUNITY MEMBERS TO WRITE IN AND HAVE THEIR QUESTIONS RESEARCHED AND ANSWERED BY USARSO'S MAYORAL CONGRESS. QUESTIONS AND PROBLEMS SHOULD BE ADDRESSED TO: GARRISON COMMANDER - PACIFIC, ATTN: SOCO-CR, BUILDING 519, FORT CLAYTON AND SHOULD BE SENT THROUGH MPS. BE SURE TO INCLUDE YOUR NAME, UNIT/QTRS NUMBER, PHONE NUMBER AND SIGNATURE. ANONYMITY WILL BE GRANTED TO THOSE DESIRING IT. LETTERS SELECTED FOR PUBLICATION WILL BE THOSE WITH THE WIDEST INTEREST TO OUR READING AUDIENCE. ZELMIRA SINCLAIR-SNYDER, PUBLICITY CHAIRPERSON, 500 AREA MAYOR.

DEAR MAYOR:

I have a daughter who just turned 17 and is dying to get her driver's license like kids her age arriving from the states. Unfortunately, things are different in Panama and you can't get a license at the age of 16. This seems unfair, but that's the way it goes. My real concern is that I have heard there is a way to get a "Cinderella license" but have no idea how to get it. There must be a way to get a high school senior a

driver's permit without having to go back to the states! Help!

Harrassed Mom, Clayton

DEAR HARRASSED MOM:

Good news! It can be done. The "Cinderella license" you refer to is a driver's permit that allows a dependent to operate a vehicle from 6 a.m. until 9 p.m. Here are the requirements and items needed at the licensing office to get the license:

1. Must be at least 17 years of age.
2. Copy of birth certificate.
3. Bilingual ID card.
4. A blood test and results.
5. A letter, with the school stamp/seal, from Balboa High School stating that applicant is a student there.
6. A letter from your sponsor giving permission to get your permit and that sponsor assumes responsibility and liability for your actions while operating a vehicle.
7. Your sponsor needs to be present.
8. \$5.50 to pay for the permit.
9. a. Either a Driver's Education certification card and paperwork indicating results of a hearing and eye exam.
b. Or if you didn't take driver's education, you have to take a driving exam which is conducted at Albrook Field (Panamanian side). Exams are given only Friday mornings for new people. Go to the

window on the right with hardly anyone standing in it. The long lines on the left are for those renewing their licenses.

10. Know your blood type.

LOCATION OF LICENSING OFFICE: second floor of Diablo Heights building, adjacent to the 24-Hour store. Hours are 8 a.m.-3:30 p.m. Monday through Friday. The permit is restricted to the hours of 6 a.m.-9 p.m. It is only good for six months; after that a valid driver's license may be obtained.

Zelmira Snyder,
Publicity Committee,
500 Area Clayton Mayor

DEAR MAYOR:

How much should I tip the bagger who carries my groceries out at the commissary?

Just Asking, Kobbe

DEAR JUST ASKING:

The baggers at the commissary are not government employees. They work strictly for tips. Although there is no formula for tipping, most patrons tip somewhere between 25 cents (15 items or less line) to \$1 per grocery cart. The amount is strictly up to you and depends on the courtesy, efficiency and service of the bagger, and your willingness to pay.

Olda Genreau,
800 Area Clayton Vice Mayor

ALBROOK

Swimming pool

The Albroom swimming pool offers the following classes:

- Water aerobics for men and women 5:30-6:30 p.m.
- Free introduction to scuba 6-9 p.m.
- Open water scuba 6-10 p.m.
- Advanced open water scuba 6-10 p.m.

Rescue, dive master and specialty courses are also available.

All classes are Monday through Friday.

A qualified instructor is needed to teach mom and tots swimming classes for ages 12 and up.

For more information, call the Albroom Swimming Pool at 286-3555, or the Zodiac Recreation Center at 284-6161.

Sports & Fitness

The Howard and Albroom SFCs are offering aerobics classes. Howard classes begin 4:45 p.m., Monday through Friday; Albroom classes are Monday, Wednesday and Friday and begin at 5 p.m. A fee is charged. For more information, call 286-3307 or 284-3451.

Howard SFC locker reservations are now being accepted on a first-come-first-served basis. Gym renovation is scheduled for completion sometime this month or next month, and reservations are currently being accepted; subsequent requests will be placed on a waiting list. For more information, call 284-3451.

Youth centers

Today - A youth bowling pizza party will be held at the Howard Bowling Center 3-6:30 p.m. The fee is \$3.75 for members and \$4.75 for non-members. The fee includes two games, two slices of pizza, small soda, shoes, transportation and supervision. Other programs at the Howard/Albroom youth centers include:

- Panamanian folklore dancing lessons for ages 6-18

- Puppeteering for all ages
- Spanish classes for ages 6-18
- Tumbling and beginners gymnastics

- Family aerobics classes Monday, Wednesday and Friday, noon-1 p.m.

- Modern, jazz and tap dance classes

- Tennis classes for all ages

Because coaching is as demanding as it is rewarding, we urge you to take advantage of the many volunteer coaching positions the Howard and Albroom Youth Centers have available. Applications are now being accepted for the upcoming boys baseball/girls softball programs, scheduled to start Jan. 12. For more information, call 284-4700 or 286-3195.

Bowling centers

Bowling Center leagues are now open. Available leagues include mens and womens; singles; mixed doubles; mixed adult; mixed youth; and seniors. For more information on league schedules and times, contact Dick Shingary at 284-4818.

ATLANTIC

Volunteers needed

Volunteers are needed to work for the Army Community Services-Atlantic. Volunteers are needed for many programs and child care is provided. For more information call Michelle Moosey at 289-4091.

Sundial activities

The Sundial Recreation Center, Building 42, Fort Davis, is offering the following tours and trips during November. For more information and reservations call the center at 289-3300/3889.

Panama City night tour, 7 p.m.-midnight Saturday.

Taboga Island beach trip, 6 a.m.-5 p.m. Sunday.

Panama City shopping tour, 8 a.m.-5 p.m. Nov. 24.

Gold panning trip, 7 a.m.-5 p.m. Nov. 24.

Isla Grande beach trip, 8 a.m.-5 p.m. Nov. 25.

Two new classes, health food cooking and Belgian/French cooking, will be offered at the center in December. Dates and times will be determined by interest and reservations.

The center also offers classes including: Tang So Do karate, cake decorating, folkloric dancing, English, Spanish, Panamanian cooking, piano lessons and Lapidary classes. Call for details.

Graduate class

The University of Oklahoma is interested in offering a graduate level course in Political Science at the Atlantic Education Center, second floor, Building 32, Fort Davis.

Projected class dates are Feb. 10-16 at 5-9 p.m. Monday-Friday, 9 a.m.-noon Saturdays and 8:30 a.m.-3:30 p.m. Sundays. For more information and applications, call or stop by the center at 289-3308/3417.

Gruelthon

Ocean Breeze Community Recreation Center, Fort Sherman, will hold a Gruelthon, 11-mile fun run, 7 a.m. Nov. 24. Registrations begin at 6:30 a.m. and a fee will be charged. For more information call Mr. Bringas at 289-6402/6699.

Davis Club

The Fort Davis Community Club, Building 87, is offering the following specials:

An "all-you-can-eat" family dinner buffet, 6-9 p.m. every Wednesday.

Thursday night dinner special featuring cuisine from around the world, such as Mexican, Italian, Oriental, etc., 6-9 p.m. Thursdays.

Pre-Thanksgiving brunch, 10:30 a.m.-1:30 p.m. Sunday.

For more information and reservations call 289-5160/3298.

Youth Center

Atlantic Youth Services will hold the following activities during November at the Fort Espinar Youth Center, Building 219. For more information and reservations call 289-4472/4605.

Teen dance (ages 13-19), 6 p.m. today.

Turkey trot parent/child run, 9 a.m. Saturday.

Turkey special luncheon, noon Wednesday.

Teen beach trip to Palmar Beach, 8 a.m. Nov. 24.

Domino tournament (ages 6-19), 3 p.m. Nov. 28.

Monthly birthday celebration, 6 p.m. Nov. 30.

Arts and crafts (ages 6-12), 3 p.m. every Thursday.

CLAYTON

Valent Center

The following activities will be held at Valent Recreation Center, Building 53, Fort Clayton. Classes require pre-registration. All tours require advance reservation; for information call Carmen Emiliani.

CHINESE ART EXHIBIT - "Nature's Heavenly Song" by Xie Da Jun, will be exhibited at the center. Opening ceremony will be today at 7 p.m. Paintings can be viewed 11 a.m.-8 p.m., Saturday and Sunday.

THANKSGIVING - Thanksgiving day, Valent will be open 9 a.m.-9:45 p.m., and will feature plenty of games, refreshments, tournaments and fun activities.

JEWELRY SHOW - A jewelry show and sale will be held Friday 5-8 p.m. Event includes special designs that can be ordered.

CLASSES - Introductory and intermediate computer courses are held on a regular basis. The two week course meets Monday through Friday evenings.

A four week basic modeling course will begin Saturday 1-3 p.m. Class includes make-up and walking techniques. In addition, dance aerobics begin at 5:30 p.m. Monday, Wednesday and Thursday. The four-week class includes ballet and salsa techniques, weights and jump rope use.

Guitar lessons begin Dec. 4. The monthly course is taught between 6:30 and 9 p.m. Tuesday or Thursday.

Beginners Spanish is an ongoing class at the center. Instruction is available from 6-7 p.m., Monday and Wednesday or Tuesday and Thursday.

A class on making greeting cards with parchment paper will begin Dec. 3. Group will meet at 6 p.m. twice weekly to learn the special techniques.

Arts & crafts

The Fort Clayton Arts & Crafts Center, located in Building 180, has a wood shop, photography lab, frame shop, pottery area, an art gallery, and an area for multiple crafts. A wide variety of instructional sessions are available for skill development. Call 287-4369.

For persons interested in getting started in wood work, step by step guidance is available by appointment. Sessions range from cabinet making, refinishing, machine use to project planning. Contact LaRue AveLallemant.

In the photography area, classes



include film developing, enlarging and printing. Both black and white and color photography are taught.

Turkey Bowl '90

GO ARMY!

Saturday — Army Pep Rally
7 p.m. — Street Dance
Hawkins Avenue, Fort Clayton
DJs/Refreshments

Wednesday — TURKEY BOWL
6:30 p.m. — Pre-game festivities
7 p.m. — Championship game
Balboa Stadium

Tickets: Adults \$5 — Children \$2

Tickets purchased for the play-off games also allow entrance to the Championship game.



Outdoor Center

A San Blas snorkel and dive trip will be conducted Dec. 1-2. Participants will experience the Cuna indian culture, lodge in rustic style hotel and eat typical foods. Fee includes air fare, hotel, meals and boat services. Reservations will continue at Building 154, Fort Clayton, through Nov. 28.

A boater safety licensing class will be held Nov. 24 at the large bohio in Fort Clayton Park. Registration is at Building 154, Fort Clayton, and ends Wednesday. For more information, call Lee Groce at 287-3363.

Ceramics Center

A Ceramics Center is located in Building 155, Fort Clayton. Pouring and basic painting are regular classes. In addition, the center offers various techniques and clay flower making sessions. Call 287-4360.

Youth Center

The Fort Clayton Youth Center, Building 155, Fort Clayton, will offer the following activities. For information call Benny Boza at 287-6451.

BIRTHDAYS — November birthdays will be celebrated with a Turkey Pinata Bash today.

TRIP — Reservations are being accepted for an early Christmas shopping tour Friday. Participants will visit the Via España area and eat lunch at a local restaurant.

PET SHOW — Youths are invited to enter the pet show Nov. 24. The show begins at 2:30 p.m. and includes categories ranging from longest tail to shortest ears. Prizes will be awarded. Pre-registration is required; with a small fee.

CURUNDU

Theatre Arts Center

The Pacific Theatre Arts Center, Building 2060, Curundu, offers a variety of classes under the supervision of qualified, professional instructors. For information call Barbara Berger at 286-3152.

CLASSES — A ballet program features Ballet I for beginners, taught by Graciela Newsam. Three subsequent levels are conducted by Beth Story. Sessions meet twice weekly, featuring convenient afternoon hours.

Also available is tap dance by Janet Jones, held monthly on a first-come, first-served basis.

PLAY — Final performances of the production "Love Letters" will be presented today and Saturday at the center. Curtain time is 8 p.m. Call 286-3814 for reservations.

HOWARD

Zodiac Center

TRIPS — Today - Japanese dining 6:30-9 p.m.

Tomorrow - Portobelo and Langosta Beach 7 a.m.-4 p.m.

Monday - Air Force Band, Howard Theater 6:30-9 p.m.
Wednesday-Nov. 25

Thanksgiving at Chiriqui Nov. 27
Christmas shopping on Central Avenue 9 a.m.-2 p.m.

Nov. 30 - Panamanian dining 6:30-9:30 p.m.

All tours depart from the Howard Base Theater. A fee is charged. For more information, call 284-6161/6109.

TOURNEYS — Saturday - Eight-ball pool tournament, 4-8 p.m.

Nov. 24 - Ping-Pong tournament, 4-8 p.m.

CLASSES — Monday - Beginner Spanish Monday and Wednesdays, 5-6:30 p.m. Class lasts four weeks.

Monday - Four-week intermediate Spanish class, 6:30-8 p.m., Tuesday and Thursday.

Tuesday - Beginner English Tuesdays and Thursdays, 5-6:30 p.m.
Intermediate English, 6:30-8 p.m.

WEEKLY CLASSES —
Lunchtime aerobics Monday, Wednesday and Friday, 11:30 a.m.-12:15 p.m.

— Piano lessons on an appointment basis Tuesday, Thursday, and Saturday.

— Tae Kwon Do classes Monday, Wednesday and Friday, 6-7:30 p.m.

— Shotokan class Tuesday and Thursday, 6-7:30 p.m.

INSTRUCTOR NEEDED — Martial arts instructor needed for Tang-Soo-Do. For more information, call 284-6161/6109.

All active-duty and retired military, DoD civilians and family members can participate. A fee is charged. For details, call 284-6161/6109.

Outdoor Center

TRIPS — Saturday - Peacock bass fishing trip to Arenosa. 5 a.m.-2 p.m.

Sunday - Fresh and salt water scuba trip 6 a.m.-6 p.m.

Tuesday - Gold panning to Las Cumbres. 8 a.m.-3 p.m.

Nov. 24 - Snorkeling trip to Isla Mamey. 7 a.m.-6 p.m.

Nov. 25 - Hiking trip to El Valle

waterfall. 7 a.m.-6 p.m.

Nov. 27 - Jungle photography adventure. 7 a.m.-6 p.m.

Nov. 28 - Peacock bass fishing to Arenosa. 5 a.m.-2 p.m.

All trips depart from the Howard Base Theater. A fee is charged. For more information, call 284-6161/6109.

Arts & Crafts

Tuesday - Brushstrokes in four weeks, 2-4 p.m.

Wednesday - Wheel throwing in six weeks, 3-5 p.m.

Friday - Pouring class in Spanish, 2-4 p.m.

Nov. 27 - Drybrush in four weeks, 2-3 p.m.

Nov. 28 - Video: "The Liner," 7-7:30 p.m.

Nov. 29 - Video: "The Shader," 7-7:30 p.m.

Nov. 30 - Fifty percent off firing fee, 10 a.m.-6 p.m.

These activities will take place in Building 711 at Howard. For more information, call 284-6361.

Respite program

The Howard Child Development Center is offering a Respite Care Program for military members with exceptional family members. Care is available every Saturday, 8:30 a.m.-5:30 p.m., for children enrolled. This gives parents an opportunity to shop, do errands or relax while their child enjoys quality playtime in a well-supervised, safe environment. Reservations must be made no later than 5:30 p.m., Thursdays, to ensure child-to-teacher ratios can be maintained. For more information, call 284-6135.

NAVY

MWR notes

The U.S. Naval Station Panama Canal offers the following MWR activities. For more information and to make reservations, call 283-5307.

TRAP RANGE — Visit our naval station trap range! Revised hours are: Thursdays and Fridays — 4 p.m.-dusk. Saturdays, Sundays and holidays — 11 a.m.-6 p.m. Arms rentals are free.

PANAMA CITY TOUR — (Saturday) Let's tour Old Panama, Las Bovedas and other historic places. We'll stop for lunch. The bus leaves the naval station at 8 a.m. and will return at 2 p.m.

FISHING TRIP — (Saturday) Trolling in the Pacific Ocean. Leave the NAVSTA marina at 7 a.m. and return at 3 p.m.

EL VALLE/BEACH TOUR — (Sunday) We will leave the naval station at 7 a.m. and travel to El Valle de Anton where you will be able to shop until noon. The trip will then continue to Coronado Gaviota Resort where you can swim and enjoy the beach until 4 p.m. Price includes lunch.

THANKSGIVING TRIP — (Thursday-Nov. 25) Spend Thanksgiving at Boquete. Enjoy your Thanksgiving dinner and party at your hotel, the Panamonte Hotel. Tours will be to Volcan Baru, the city of David, Bambito, Cerro Punta and a coffee plantation.

5K TURKEY CHALLENGE — NAVSTA MWR will be hosting a 5k run to be held Thanksgiving morning. Race time will be 7 a.m. and race day registration will be held 6-6:45 a.m. There is a \$5 entry fee and all runners will receive T-shirts. Call 283-4222 now to pre-register and join the fun Thanksgiving Day.

OPEN BASKETBALL — NAVSTA MWR will be hosting a two-day Open Basketball Tournament this weekend. Double elimination, awards for the two top finishers. All games are to be held at the NAVSTA Rodman Gym. Call 283-4222 for more information.

NAVY ITT — The Navy MWR Information Tours & Travel office is now located at Building 655 next to the marina. Our new schedule is 10 a.m.-6 p.m. Monday-Friday and 9 a.m.-1 p.m. Saturday. For further information call 283-5307.

EDUCATION COUNSELOR — Eva Lindberg, our education counselor, is able to help you with identifying earned college credits, external degree programs, exams and tuition assistance. Stop by any Monday-Thursday 11 a.m.-3 p.m. or call for an appointment.

Family Services

The Navy Family Service Center is located in Building 40. For more information, call 283-5748/5749.

VOLUNTEERS NEEDED! — We need an information & referral specialist and a Welcome Baby Program manager and clerk typist/receptionist. No experience required. Gain valuable work experience and training while setting your own hours. If you are independent and enjoy working with people this is the right place for you!

SPOUSE EMPLOYMENT — If you are new to the community, or if you have been here awhile and are just now deciding to join the work force, the Spouse Employment Assistance Program is designed especially for you. Military spouses and family members can receive assistance at the Family Service Center Tuesdays and Thursdays, 10 a.m.-1 p.m., or call for an appointment.

WHY WEIGHT — Service-members, their dependents and DoD employees are invited to attend weight loss meetings to be held Mondays at 6 p.m. Weigh-ins, lectures, and a food exchange program will be included. Take advantage of this group support!

WELCOME BABY PROGRAM — If you and your spouse are expecting your first child, and you are E-5 or below, you may be eligible to participate in our Welcome Baby Program. As a participant you will receive a beautiful baby basket, support services and more. Please call us for more information.

RED CROSS COURSE — NFSC and the Red Cross will be offering a free 16-hour course with certification, for all DoD dependents, civilians, active duty personnel and their spouses. Reservations required no later than Wednesday. Call us for more information.

continued on page 14



**PAN FOR GOLD ON THE
SALAMANCA BOQUERON RIVER**

Strike it Rich! on this exciting Gold Panning Expedition to the Salamanca Boqueron River. This river is a proven Gold-producer, "we guarantee it". Plan on getting wet and lots of fun!

We provide use of gold pans, panning instructions and transportation. You provide lunch, change of clothing, toiletries, and don't forget your suntan lotion. Bus leaves Howard Theater at 7 a.m. and returns at 3 p.m. Cost: \$14 per person

For more info contact Zodiac Rec Ctr at 284-6161/6109



ALCOHOLICS ANONYMOUS
— AA meetings on the west bank are now being held at our center Tuesdays and Thursdays, 11:30 a.m. and Saturdays 8 p.m. Give AA —and yourself — a chance. It works!!

Chaplain on board

A full-time, active-duty Navy chaplain has reported to the naval station. Chaplain (Lt.) Bill Wildhack is conducting Sunday services, providing counseling and developing the command's religious program. For information or assistance, call 283-4148.

POTPOURRI

Women's Aglow meet

Women's Aglow will hold a meeting at PCC Training Center (near Balboa Train Station) Saturday at 9 a.m.

The guest speaker is Cilinia Prada who was crowned Miss Panama and Miss Asia Pacific as Panama's representative. For information, call Linda Dany at 252-6095.

FSU meeting

The FSU Alumni Association invites all alumni to a happy hour at the Fort Amador Officers' Club Nov. 30, 6:30-8-30 p.m. The \$7 fee covers admission and hors d'oeuvres. Elections for association officers will be conducted. Call 286-4470 for reservations before Nov. 26. Help spread the word among fellow alumni and participate in making this a worthwhile association!

Review council

The USARSO Disabled & Handicapped Review Council monitors affirmative actions and hiring of disabled and handicapped people. For information, call Rick Medina, 287-4260.

Cocoli Library

The Cocoli Library, located in Building 2553, is now open 1-4 p.m. Tuesdays and Thursdays. Patrons may reserve and request books through inter-library loans.

Crossroads movie

The Crossroads Bible Church will present "A Man Called Norman" Sunday at 6 p.m. The movie will be held at Crossroads Bible Church at Corozal. For more information, call 252-6480.

Christmas bazaar

The Inter-American Women's Club will hold a Christmas Bazaar 10 a.m.-7 p.m. Saturday at the ATLAPA Convention Center. For information, call 252-1213. An admission fee will be charged.

Bake sale

The Curundu community will hold a Patio Bake Sale Saturday 8 a.m.-noon in the parking lot opposite the bowling alley. To enter a table, call Inez Clark at 286-4298.

Protestant lunch

The Protestant Women of Clayton Chapel will hold an organizational luncheon Nov. 29 at 9:30 a.m. at the Amador Officers' Club. Child care will be provided. Reservations are due by Nov. 26. For child care, call Glenys Ruff at 287-6887.

Have puppies?

The Howard Vet Clinic is now conducting this very successful program of finding adoptive parents for your available puppies. If you have available puppies, call Linda Day at the Howard Vet Clinic Tuesdays or Thursdays 10:30 a.m.-2:30 p.m.

Cocoli meeting

The Cocoli community will hold a meeting Nov. 28, 7-8 p.m., at the Cocoli Chapel. The meeting will be for mayoral elections.

AF bowling events

TDY BOWLING DAY — Meet the very special TDY crowd during the Howard/Albrook TDY bowling day Saturday. All TDY personnel that show up at bowling centers will play for 75 cents a game! For information, call 284-4818 or 286-4260.

"KING OF THE HILL" TOURNAMENT — A "King of the Hill" tournament will be held at the Howard and Albrook bowling centers, Dec. 3 and Nov. 25 respectively. Both the Howard and Albrook events will start at 2 p.m. For information, call 284-4818 or 286-4260.

"NOVEMBER LUNCH TIME SPECIAL" — A 25 cents lunch time bowling special will take place throughout the month of November at the Howard and Albrook Bowling Centers 11 a.m.-1 p.m.

OWC lunch

The Quarry Heights OWC will hold their November luncheon at the Quarry Heights Officers' Club Wednesday. The theme is "Panamanian Day!" To make reservations, call 282-3091.

Special brunch

The 41st Area Support Group serves a special brunch meal every Sunday 9:30 a.m.-12:30 p.m. All personnel are invited to the brunch. For more information, call SFC Betts at 287-4811.

JROTC events

Saturday there will be two JROTC sponsored events, the turkey shoot and a car wash. Both will be held at Balboa High School 8 a.m.-3 p.m. The Turkey Shoot will be held in Room 401 and the price per ticket will be \$2 for each team (team will consist of two people). The car wash tickets will be priced \$2 and \$3. For more information, call SFC Puryear at 252-3520.

Spanish class

The Fort Kobbe Education Center will hold a Headstart Spanish Class Monday-Tuesday 9 a.m.-1 p.m. at Building 801, Fort Kobbe. For more information, call Kimberly Johnson at 284-3150.

Auto cross

The Isthmian Four Wheeler Club invites you and your family to our annual Fun Mud Rodeo Sunday at 10 a.m. in the new Albrook Mud Track. Tickets are \$2 per person. Practice will be Saturday.



CPO classes

The Department of Civilian Personnel, Training and Development Division, Building 6523, Corozal, is offering the following courses during December:

ABSENTEEISM AND DISCIPLINE — Dec. 3-4, 8 a.m.-4 p.m. and Dec. 5, 8 a.m.-noon. The course highlights the need for line supervisors to assure employees understand and observe the rules for attendance. Provides know-how in administering leave, controlling the use of and abuse of annual and sick leave, recognizing employee rights and privileges, and labor relations. Course is designed for managers, supervisors and other officials.

MANAGING THE POOR EMPLOYEE — Dec. 5, noon-4 p.m. and Dec. 6-7, 8 a.m.-noon. The course is designed to enable participants to identify and evaluate strategies for dealing with performance problems, to include determining causes and selecting alternative solutions. Workshop is open to those who have responsibility for the analysis of performance problems, such as supervisors, managers, and those involved with human performance in organizations.

DEVELOPING MANAGERIAL SKILLS FOR SUPERVISORS — Dec. 10-14, 8 a.m.-4 p.m. The course is designed to provide supervisors with tools to improve their leadership, human relations and management skills. Topics include: making the vision work, understanding, valuing and managing diversity, leadership strategies, and synergy at work. This course is designed for managers and supervisors.

Thanksgiving Worship Services

- Howard AFB Chapel
 - 7 p.m. Tuesday Ecumenical Thanksgiving Service
 - Albrook AFS Chapel
 - 9 a.m. Thursday Thanksgiving Day Mass
 - Fort Davis Chapel
 - 8 a.m. Thursday Thanksgiving Day Mass
 - 7 p.m. Thursday Community Thanksgiving Service
 - Fort Amador Chapel
 - 9 a.m. Thursday Thanksgiving Day Mass
 - Fort Clayton Chapel
 - 9:30 a.m. Thursday Thanksgiving Day Mass
 - 10:30 a.m. Thursday Community Thanksgiving Service
- For additional information contact the listed chapel.



DoDDS' Corner



PARENT INVOLVEMENT — Balboa Elementary School's Parent Involvement program involves many parents in varied activities. First grader Jordana Fasano is on her way to becoming a "Super Reader" as she gets practice reading with the guidance of parent volunteer, Victoria Nightingale.



GOOD BEHAVIOR — Howard Elementary School students from Gilbert Murillo's bus (Route R11) celebrate "Good Bus Behavior" with an ice cream party and certificates awarded by bus monitor, Ernesto Cox. (photos by DoDDS)



Howard Theater

Today
7 p.m. THE WITCHES (PG) Anjelica Huston
9 p.m. EVERYBODY WINS (R) Nick Nolte

Saturday
2 p.m. YOUNG GUNS II (PG-13) Emilio Estevez
6:30 and 8:30 p.m. DESPERATE HOURS (R) Mickey Rourke
10:45 p.m. STATE OF GRACE (R) Sean Penn

Sunday
2 p.m. YOUNG GUNS II (PG-13) Emilio Estevez
6:30 and 8:30 p.m. DESPERATE HOURS (R) Mickey Rourke

Monday
7 p.m. PUMP UP THE VOLUME (R) Christian Slater
9 p.m. YOUNG GUNS II (PG-13) Emilio Estevez

Tuesday
7 p.m. PUMP UP THE VOLUME (R) Christian Slater
9 p.m. YOUNG GUNS II (PG-13) Emilio Estevez

Wednesday
7 p.m. STATE OF GRACE (R) Sean Penn
9 p.m. BACK TO THE FUTURE III (PG) Michael J. Fox

Thursday
7 p.m. STATE OF GRACE (R) Sean Penn
9 p.m. BACK TO THE FUTURE III (PG) Michael J. Fox

Clayton Theater

Today
7 p.m. GREMLINS II: THE NEW BATCH (PG-13) Phoebe Cates
9 p.m. MY BLUE HEAVEN (PG-13) Steve Martin

Saturday
2 p.m. THE WITCHES (PG) Anjelica Huston
6:30 and 8:30 p.m. DARKMAN (R) Liam Neeson
10:30 p.m. DIE HARD II (R) Bruce Willis

Sunday
2 p.m. THE WITCHES (PG) Anjelica Huston
6:30 and 8:30 p.m. DARKMAN (R) Liam Neeson

Monday
7 p.m. DARKMAN (R) Liam Neeson
9 p.m. DIE HARD II (R) Bruce Willis

Tuesday
7 p.m. DARKMAN (R) Liam Neeson
9 p.m. DIE HARD II (R) Bruce Willis

Wednesday
7 p.m. THE WITCHES (PG) Anjelica Huston
9 p.m. DIE HARD II (R) Bruce Willis

Thursday
7 p.m. THE WITCHES (PG) Anjelica Huston
9 p.m. DIE HARD II (R) Bruce Willis

Amador Theater

Today
7 p.m. THE ADVENTURE OF MILO & OTIS (G) Animated

Saturday
7 p.m. DAYS OF THUNDER (PG-13) Tom Cruise

Sunday
7 p.m. DAYS OF THUNDER (PG-13) Tom Cruise

Monday
CLOSED

Tuesday
7 p.m. EXORCIST III: LEGION (R) George C. Scott

Wednesday
7 p.m. EXORCIST III: LEGION (R) George C. Scott

Thursday
CLOSED

Quarry Heights Theater

Today
7 p.m. DUCKTALES: THE MOVIE (G) Animated

Saturday
7 p.m. YOUNG GUNS II (PG-13) Emilio Estevez

Sunday
7 p.m. YOUNG GUNS II (PG-13) Emilio Estevez

Monday
7 p.m. THE FRESHMAN (PG) Marlon Brando

Tuesday and Wednesday
CLOSED

Thursday
7 p.m. THE FRESHMAN (PG) Marlon Brando

Davis Theater

Today
7 p.m. THE TWO JAKES (R) Jack Nicholson

Saturday
7 p.m. MY BLUE HEAVEN (PG-13) Rick Moranis

Sunday
7 p.m. PRESUMED INNOCENT (R) Harrison Ford

Monday
7 p.m. ROBOCOP II (R) Peter Weller

Tuesday
7 p.m. PRESUMED INNOCENT (R) Harrison Ford

Wednesday
7 p.m. ROBOCOP II (R) Peter Weller

Thursday
7 p.m. MY BLUE HEAVEN (PG-13) Rick Moranis

Sherman Theater

Today
7 p.m. MEN AT WORK (PG-13) Charles Sheen

Saturday
7 p.m. ARACHNOPHOBIA (PG-13) Jeff Daniels

Sunday
7 p.m. MO' BETTER BLUES (R) Denzel Washington

PUMP UP THE VOLUME

A teenager starts up a pirate radio station to whip up morale and reunite class members in their struggle against an autocratic high school principal. (R)
Christian Slater

STATE OF GRACE

A police officer is sent undercover to his old neighborhood to observe his childhood friends, who now belong to a notorious Irish gang in Hell's Kitchen. (R)
Sean Penn

DESPERATE HOURS

Mickey Rourke is the leader of a group of escaped convicts who manage to seize an all-American family's home and terrorize its members until the time is right for their escape. (R)
Mickey Rourke

DAYS OF THUNDER

An ambitious young race driver is determined to make his mark in the competitive world of NASCAR racing - where the lives of drivers, crew chiefs and car owners are governed by the pulse-pounding excitement of this grueling sport. (PG-13)
Tom Cruise - Robert Duvall

MY BLUE HEAVEN

A charming silver-tongued organized crime informant turns life upside down in a quiet town that he relocated in. Along the way he makes things difficult for the FBI agent assigned to protect him and the district attorney trying to put him in jail. (PG-13)
Steve Martin, Rich Moranis

Club Calendar

Amador O'Club

Club opens for lunch Wed., Thurs. & Fri. from 11:30 a.m.-1 a.m. A Daily Hot Special as well as a salad bar will be served. Mongolian BBQ, Thurs., 6-8:30 p.m.; Social Hour with disco, Fri., 5-9 p.m.; Sunday Brunch, 10 a.m.-1 p.m.; Private rooms available for functions by calling 282-3534.

Howard NCO Club

Breakfast: Mon.-Fri., 6:30-9 a.m.; Lunch: Mon.-Fri., 11 a.m.-1 p.m.; Dinner: 5:30-9 p.m.; Membership night last Mon. of each month; Games: Sun. & Wed.; Brunch: every 3rd Sun. of each month, 10 a.m.-1 p.m.; Variety disco in ballroom: Fri., Sat., Sun., Mon.; Casual Cove disco: Tues. & Wed.; Rock & Roll, Salsa: Mon. & Tues.; Variety, Western: Wed. & Thurs.

Howard O'Club

Lunch: 11:30 a.m.-1 p.m.; Dining room: Fri., normal duty hours; Sat., 6-9 p.m.; Tues.-Thurs., closed; Bar: Tues.-Thurs, 4:30-9 p.m.; Fri., 4 p.m.-midnight, Sat., 6-10 p.m., closed Sun. & Mon.

Albrook O'Club

Lunch: 11 a.m.-1 p.m.; Dinner: 5-8:30 p.m.; Tues., bar menu available in the lounge; Fri., Hungry Hour, 4-6 p.m.; Music, 9:30 p.m.-1 a.m.; Sunday Champagne Brunch: 10 a.m.-1 p.m.

STRAC Club

Open Mon.-Sat., 4:30-11 p.m.; Fri. & Sat., snacks, music with Judy Upton.

Quarry Heights O'Club

Breakfast: Mon.-Fri., 6:30-8:30 a.m., Sat., 8-9 a.m.; Lunch: Mon.-Fri., 11:30 a.m.-1 p.m.; Dinner A La Carte: Mon.-Sat., 6-9 p.m.; Live entertainment: 6-9 p.m.; Sun., closed.

CPO Club

Open to all E7-E9, civilians NM6 & above, and their dependents. Also offers a full menu and services 7 days a week. Lunch: Tues.-Sun., 11 a.m.-1 p.m.; Dinner: Mon.-Sat., 6-9 p.m.

Anchorage Club

Open 7 days a week. Offers services to everyone. Breakfast: Mon.-Fri., 6:30-10 a.m.; Lunch: Mon.-Fri., 11 a.m.-1:30 p.m.; Dinner: Mon.-Sat., 5-10 p.m.; Grill: Sat., Sun. & holidays, 1-9:30 p.m.

USNavSta O'Club

Open to officers, civilians NM7 & above, and their dependents. Offers full menu & services 7 days a week. Lunch: Mon.-Sat., 11 a.m.-2 p.m.; Sunday Brunch: 10:30 a.m.-1:30 p.m.; Dinner: Sun.-Wed., 5-9 p.m., Thurs.-Sat., 5-10 p.m.

Clayton NCO Club

Mon.: Corner Post Lounge, variety music, 7-11:30 p.m.;

Tues.: Corral, Country n' Western;

Wed.: Main Ball Room, disco, 9 p.m.-1 a.m., Corral, Country n' Western, 7-11:30 p.m., Corner Post Lounge, salsa, 7-11:30 p.m., Midnight buffet, 9 p.m.-1 a.m.;

Thurs.: Main Ballroom, disco, 9p.m.-midnight, Corral, Country n' Western, 7-11:30 p.m.;

Fri.: Main Ball Room, disco, 10 p.m.-2 a.m., Corral, Country n' Western, 7 p.m.-1 a.m., Corner Post Lounge, salsa, 7 p.m.-2 a.m., Dining Room, steak night, 5-9 p.m.;

Sat.: Main Ball Room, disco, 10 p.m.-2 a.m., Corral, Country n' Western, 7 p.m.-1 a.m., Corner Post Lounge, salsa, 7 p.m.-2 a.m., Dining Room open, 5 p.m.;

Sun.: Brunch, 10 a.m.-1 p.m., Corner Post Lounge, variety music, 7-11:30 p.m.;

Daily: Casa Maria Mexican Food, 5 p.m., Lunch, 11:30 a.m.-1 p.m., Bar, opens 4:30 p.m.

Davis Community Club

Two daily lunch specials, 11:30 a.m.-1 p.m., Mon.-Fri. For information, call 289-5160/3298 or stop by Building 87, Fort Davis.



SCN Channels 8 & 10

Friday

5:30 a.m.	CNN Headline News
6:00	CNN Headline News
6:30	NBC News At Sunrise
7:00	NBC Today Show
9:00	Morning Stretch
9:30	Porky Pig
10:00	Let's Make A Deal
10:30	Classic Concentration
11:00	People's Court
11:30	Showbiz Today
Noon	CNN Headline News
12:20 p.m.	SCN Midday Report
12:30	Sports Latenight
1:00	Oprah Winfrey
2:00	Another World
3:00	Mr. Wizard's World
3:30	Barney Miller
4:00	M-A-S-H
4:25	Guiding Light
5:15	General Hospital
6:00	SCN Evening Report
6:30	ABC World News Tonight
7:00	Jeopardy
7:30	Perfect Strangers
8:00	COPS
8:30	Murder, She Wrote
9:30	CBS Evening News
10:00	Cover-Up
11:00	Entertainment Tonight
11:30	NBC Tonight Show
12:30 a.m.	Latenight With David Letterman
1:30	Nightline
2:00	SCN All Night Movie... "Dead Man Out."
3:30	SCN All Night Movie... "Caroline?"
5:15	SCN All Night Movie... "The Fighting Kentuckian."
7:00	CNN Headline News

Saturday

7:30 a.m.	Just For Kids!
7:31	Woody Woodpecker
7:55	Huckleberry Hound & Friends
	Huckleberry Hound
	Augie Doggie
	Yogi Bear
8:15	Roadrunner
8:40	Jem
9:05	Garfield
9:30	SCN Morning Movie... "Pant, Pass, And A Prayer."
11:00	America's Top 10
11:30	Fun House
Noon	TBA
4:00 p.m.	National Geographic
5:00	Ringling Bros./Barnum & Bailey Circus
6:00	Blondie And Dagwood
6:30	CNN Headline News
7:00	48 Hours
8:00	SCN Saturday Night Movie... "Challenger."
10:30	CNN Headline News

11:00	Videolink
11:30	Saturday Night Live
1:00 a.m.	SCN All Night Movies... "The Longest Day."
4:00	Videolink
5:00	CNN Headline News

Sunday

5:30 a.m.	Grand Ole Opry
6:00	On Stage
6:30	Share The Word
7:00	CNN Headline News
7:30	The 700 Club
8:00	Benjamin
8:30	Real Videos
9:00	CBS Sunday Morning
10:30	Ebony/Jet Showcase
11:00	Washington Week In Review
11:30	This Week With David Brinkley
12:30 p.m.	CNN Headline News
1:00	NFL Football... Teams TBA
4:00	Nova
5:00	Remote Control
5:30	Fight Back! With David Horowitz
6:00	WWF Wrestling
7:00	60 Minutes
8:00	SCN Sunday Night Movie... "The Kennedys Of Massachusetts."
9:30	CNN Headline News
10:00	Entertainment This Week
11:00	Comedy Tonight
11:30	Sports Tonight
12:00 a.m.	Firing Line
12:30	Face The Nation
1:00	Meet The Press
1:30	CNN Headline News
2:00	McLaughlin Group
2:30	George Michael's Sports Machine
3:00	60 Minutes
4:00	World Report
5:00	CNN Headline News

Monday

5:30 a.m.	CNN Headline News
6:00	CNN Headline News
6:30	NBC News At Sunrise
7:00	NBC Today Show
9:00	Morning Stretch
9:30	Mr. Rogers' Neighborhood
10:00	Let's Make A Deal
10:30	Classic Concentration
11:00	Family Feud
11:30	Showbiz Today
Noon	CNN Headline News
12:30 p.m.	Sports Machine
1:00	Oprah Winfrey
2:00	Another World
3:00	Kids Inc.
3:30	Barney Miller
4:00	M-A-S-H
4:25	Guiding Light

5:15	General Hospital
6:00	CNN Headline News
6:30	ABC World News Tonight
7:00	Jeopardy
7:30	Head Of The Class
8:00	Charles In Charge
8:30	After The War
9:30	CBS Evening News
10:00	Frontline
11:00	Entertainment Tonight
11:30	NBC Tonight Show
12:30 a.m.	Latenight With David Letterman
1:30	Nightline
2:00	World Monitor
2:30	Sports Latenight
3:00	Arsenio Hall
4:00	Tonight Show
5:00	CNN Headline News

Tuesday

5:30 a.m.	CNN Headline News
6:00	CNN Headline News
6:30	NBC News At Sunrise
7:00	NBC Today Show
9:00	Sesame Street
10:00	Let's Make A Deal
10:30	Classic Concentration
11:00	Family Feud
11:30	Showbiz Today
Noon	CNN Headline News
12:20 p.m.	SCN Midday Report
12:30	Sports Latenight
1:00	Donahue
2:00	Another World
3:00	Square One TV
3:30	Barney Miller
4:00	M-A-S-H
4:25	Guiding Light
5:15	General Hospital
6:00	SCN Evening Report
6:30	ABC World News Tonight
7:00	Jeopardy
7:30	Growing Pains
8:00	Night Court
8:30	In The Heat Of The Night
9:30	CBS Evening News
10:00	Miami Vice
11:00	Entertainment Tonight
11:30	NBC Tonight Show
12:30 a.m.	Latenight With David Letterman
1:30	Nightline
2:00	World Monitor
2:30	Sports Latenight
3:00	Arsenio Hall
4:00	Tonight Show
5:00	CNN Headline News

Wednesday

5:30 a.m.	CNN Headline News
6:00	CNN Headline News

6:30	NBC News At Sunrise
7:00	NBC Today Show
9:00	Morning Stretch
9:30	Gerbert
10:00	Let's Make A Deal
10:30	Classic Concentration
11:00	Family Feud
11:30	Showbiz Today
Noon	CNN Headline News
12:20 p.m.	SCN Midday Report
12:30	Sports Latenight
1:00	Oprah Winfrey
2:00	Another World
3:00	What's Up Dr. Ruth?
3:30	Barney Miller
4:00	M-A-S-H
4:25	Guiding Light
5:15	General Hospital
6:00	SCN Evening Report
6:30	ABC World News Tonight
7:00	Jeopardy
7:25	Amen
7:50	Doogie Howser, M.D.
8:20	Wednesday Night Movie... "Broadcast News."
10:30	CBS Evening News
11:30	NBC Tonight Show
12:30 a.m.	Latenight With David Letterman
1:30	Nightline
2:00	World Monitor
2:30	Sports Latenight
3:00	Arsenio Hall
4:00	Tonight Show
5:00	CNN Headline News

Thursday

5:30 a.m.	CNN Headline News
6:00	CNN Headline News
6:30	NBC News At Sunrise
7:00	NBC Today Show
9:00	Macy's Thanksgiving Day Parade
Noon	CNN Headline News
12:30	NFL Football... Denver/Detroit
3:30	NFL Football... Redskins/Cowboys
7:00	CNN Headline News
7:30	Bugs Bunny Thanksgiving Diet
8:00	Christopher's Story Laboratory
8:30	SCN Thanksgiving Movie... "The Thanksgiving Promise."
10:00	Thirtysomething
11:00	Entertainment Tonight
11:30	NBC Tonight Show
12:30 a.m.	Latenight With David Letterman
1:30	Nightline
2:00	World Monitor
2:30	Sports Latenight
3:00	Arsenio Hall
4:00	Tonight Show
5:00	CNN Headline News

* "SCN programming subject to change"

SCN cable channel 14

Friday

5:30 a.m.	CNN Headline News
6:00	CNN Headline News
6:30	NBC News At Sunrise
7:00	NBC Today Show
9:00	Oprah Winfrey Show
9:30	CBS This Morning
Noon	CNN Headline News
12:20 p.m.	SCN Midday Report
12:30	To Tell The Truth
1:00	All My Children
2:00	One Life To Live
3:00	The Price Is Right
4:00	Beetlejuice
4:30	The Brady Bunch
5:00	12 O'Clock High
6:00	SCN Evening Report
6:30	NBC Nightly News
7:00	Mission... Impossible
8:00	TNT... NBA Basketball: Teams TBA
11:00	CNN Headline News
11:30	Arsenio Hall
12:30 a.m.	Late Night With David Letterman
1:30	Nightline
2:00	CNN World Monitor
2:30	CNN Sports Latenight
3:00	Fox Arsenio Hall
4:00	NBC Tonight Show
5:00	NBC Late Night
6:00	CNN Headline News
6:30	CNN Headline News
7:00	Washington Week In Review

Saturday

7:30 a.m.	Just For Kids!
	Woody Woodpecker
	Huckleberry Hound And Friends
	Roadrunner Show
	Jem
	Garfield
11:00	Saturday Morning Movie
11:30	3-2-1 Contact
Noon	CNN Headline News
Noon	Saturday Afternoon Movie... "Combat Academy."
1:45 p.m.	Saturday Afternoon Movie... "Three On A Match."
3:30	The Waltons
4:30	Airwolf
5:30	CNN Headline News
6:00	The Disney Movie
7:00	Star Trek... The Next Generation
8:00	Roseanne
8:30	Married... With Children
9:00	Paradise
10:00	Videolink
11:00	CNN Headline News
11:30	NBC Saturday Night Live
1:00 a.m.	CNN Sports Tonight

1:30	CNN Headline News
2:00	East Meets West
2:30	CNN Sports Latenight
3:00	Entertainment This Week
4:00	CBS Saturday Night With Connie Chung
5:00	Videolink

Sunday

5:30 a.m.	CNN Headline News
6:00	CNN Headline News
6:30	Benjamin
7:00	CNN Headline News
7:30	Real Videos
8:00	Share The Word
8:30	700 Club
9:00	Merry Melodies Show
9:30	Dinosaucers
10:00	Wonderworks
11:00	Sunday Morning Movie... "Platinum Blonde."
Noon	Rainbow Specials
1:30 p.m.	ESPN Sports Magazine
2:00	On Pit Road
2:30	Motor Week
3:00	American Racing Series
3:30	This Is The NFL
4:00	NFL Football... Teams TBA
7:00	CNN Headline News
7:30	America's Funniest Home Videos
8:00	NFL Football... Teams TBA
11:00	It's Gary Shandling's Show
11:30	CNN Headline News
12:00 a.m.	Firing Line
12:30	CBS Face The Nation
1:00	Meet The Press
1:30	CNN Headline News
2:00	McLaughlin Group
2:30	George Michael's Sports Machine
3:00	60 Minutes
4:00	World Report
5:00	CNN Headline News

Monday

5:30 a.m.	CNN Headline News
6:00	CNN Headline News
6:30	NBC News At Sunrise
7:00	NBC Today Show
9:00	Oprah Winfrey Show
10:00	CBS This Morning
Noon	CNN Headline News
12:20 p.m.	SCN Midday Report
12:30	To Tell The Truth
1:00	All My Children
2:00	One Life To Live
3:00	The Price Is Right
4:00	Shirt Tales
4:30	Facts Of Life
5:00	Star Trek... The Next Generation

6:00	SCN Evening Report
6:30	NBC Nightly News
7:00	Alf
7:30	Hooperman
8:00	NBC News Specials
9:00	Monday Night Football... Raiders/Dolphins
12:00 a.m.	CNN Headline News
12:30	Latenight With David Letterman
1:30 a.m.	Nightline
2:00	World Monitor
2:30	Sports Latenight
3:00	Arsenio Hall
4:00	Tonight Show
5:00	CNN Headline News

Tuesday

5:30 a.m.	CNN Headline News
6:00	CNN Headline News
6:30	NBC News At Sunrise
7:00	NBC Today Show
9:00	Donahue
10:00	CBS This Morning
Noon	CNN Headline News
12:20 p.m.	SCN Midday Report
12:30	To Tell The Truth
1:00	All My Children
2:00	One Life To Live
3:00	The Price Is Right
4:00	Star Trek
4:30	Degrassi High
5:00	The Real Ghostbusters
5:30	Police Academy
6:00	SCN Evening Report
6:30	NBC Nightly News
7:00	Mr. Belvedere
7:30	Designing Women
8:00	Tuesday Night Movie... "The Next Man."
10:00	Knots Landing
11:00	CNN Headline News
11:30	Arsenio Hall
12:30	Latenight With David Letterman
1:30 a.m.	Nightline
2:00	World Monitor
2:30	Sports Latenight
3:00	Arsenio Hall
4:00	Tonight Show
5:00	CNN Headline News

Wednesday

5:30 a.m.	CNN Headline News
6:00	CNN Headline News
6:30	NBC News At Sunrise
7:00	NBC Today Show
9:00	Oprah Winfrey
10:00	CBS This Morning
Noon	CNN Headline News

12:20 p.m.	SCN Midday Report
12:30	To Tell The Truth
1:00	All My Children
2:00	One Life To Live
3:00	The Price Is Right
4:00	Scooby Doo
4:30	Out Of This World
5:00	I Spy
6:00	SCN Evening Report
6:30	NBC Nightly News
7:00	Barbara Walters' Special
8:00	Quantum Leap
9:00	Hunter
10:00	China Beach
11:00	CNN Headline News
11:30	Arsenio Hall
12:30 a.m.	Late Night With David Letterman
1:30	Nightline
2:00	World Monitor
2:30	Sports Latenight
3:00	Arsenio Hall
4:00	Tonight Show
5:00	CNN Headline News

Thursday

5:30 a.m.	CNN Headline News
6:00	CNN Headline News
6:30	NBC News At Sunrise
7:00	NBC Today Show
9:00	Donahue
10:00	CBS This Morning
Noon	CNN Headline News
12:20 p.m.	SCN Midday Report
12:30	To Tell The Truth
1:00	All My Children
2:00	One Life To Live
3:00	The Price Is Right
4:00	Ducktales
4:30	F-Troop
5:00	National Geographic
6:00	SCN Evening Report
6:30	NBC Nightly News
7:00	Cosby Show
7:30	Different World
8:00	Thursday Night Movie... "Once Upon A Spy."
10:00	Falcon Crest
11:00	CNN Headline News
11:30	Arsenio Hall
12:30	Late Night With David Letterman
1:30	Nightline
2:00	World Monitor
2:30	Sports Latenight
3:00	Arsenio Hall
4:00	Tonight Show
5:00	CNN Headline News

* "SCN programming subject to change"

300ZX Turbo: Extremely smooth and quiet; its 'sports car firm'

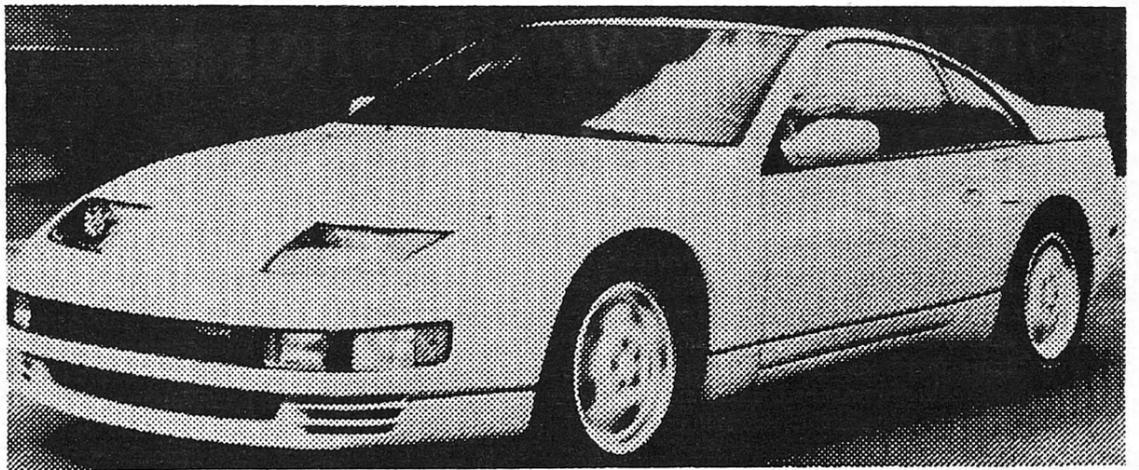
by Zane Binder

Sophistication is hard to define. It's not just a single item; it's the sum of numerous, sometimes tiny performance parameters. It's how the shifter engages, and how the clutch applies the power. It's in the feel of seemingly insignificant things such as the turn signal lever, and in the "feel" of the entire car. Is it European-type solid? Is it American "floaty"? And, above all, does the sum of the vehicle's parts work harmoniously together? It's in every one of these areas the new-for-1990 Nissan 300ZX Turbo excels, and that makes it one of the best sports cars, and sports car values, you can buy.

Inside, the 300ZX Turbo's twin buckets were covered in Nissan's optional leather (cloth is standard) and the seats themselves are from the school of modern design. If you prefer futuristic furniture, you'll be comfortable in the ZX's cabin. Luggage space is surprisingly large for a sports car (but small in absolute terms), a consideration for traveling. Interior storage areas, such as the glove box, are small, and a cup holder is inexcusably absent. A T-top is standard.

Instrumentation quantity along with the equipment level in the test car was high; anti-lock brakes, power steering, power windows, and just about every other option is included. You won't lack amenities!

For '90, the rear-drive ZX uses a new 3.0 liter, 300 HP, aluminum head engine. It is a fuel-injected, twin-turbocharged, intercooled "6" with four valves per cylinder and four cams. It's extremely smooth and quiet, and without getting



Nissan 300ZX Turbo

too technical, has numerous built-in features to make the engine and turbochargers live as long as a normally aspirated engine. It's mated to a five-speed transmission; it employs a better than average shifter and clutch mechanism, but it's not quite world-class. It does, however, help the engine provide stellar acceleration: 0-60 in this 3,474 pound car (that's quite porky) comes up in just 6.5 seconds (8.3 with the non-turbo automatic). This car is, however, by no means a Corvette-beater (its natural enemy) in any speed range or gear, despite what you may read elsewhere. There are times, too, when the engine's relatively small displacement shows with a lack of instantaneous response, and only part of this can be attributed to turbo lag. There's more power than you'll ever need for normal driving, but you don't spend \$34,000 to drive normally. Just one more word about horsepower: that 300 rating is too high. About 240 is more realistic, and unlike large displacement engines (such as in the Corvette), that figure is only produced in a narrow RPM range. There's just no substitute for cubic inches!

Efficiency-wise, the ZX returned 21 highway and 17 city miles per gallon, just average for the class. As the car was driven exceptionally hard

during the test period, two-three miles per gallon more overall may be possible.

Handling, though, is outstanding. Standard power-assisted steering offers good road feel; the ZX has few peers and no superiors when rounding corners. This vehicle inspires confidence, far more than in back-to-back comparisons with Chevrolet's Corvette. Part of this is due to the adjustable suspensions switch, which basically firms up the shocks. It makes a real difference (the ride gets more jittery too), but I wonder if it's really necessary since so many other manufacturers (BMW, Mercedes, etc.) don't use such a system and achieve similar results.

Ride is one of the ZX's best features. Its "sports car firm," and over bad roads you definitely know it. It's far superior to the Corvette and Mazda RX-7 Turbo, though, but not as good as Porsche.

What's the bottom line on the ZX? It's definitely not a Corvette-beater in acceleration, though overall, it's a much superior car. It's extremely comfortable, and sets a new class/price standard in every area except all-out objective performance. This car, either with manual or automatic, is a best in class buy for about \$34,000.

Having one in your driveway clearly reflects sophistication!

Health & Nutrition by Judith Sheldon

GOVERNMENT LOOKS TO "TRIM" WEIGHT LOSS CLAIMS:

The Federal Trade Commission is taking a good, long, hard look at some of the advertising and promotional claims made by over a dozen companies in behalf of their weight loss programs. The purpose is to assess the validity of their claims, and to see if they live up to them. Referring to the cited companies, Representative Ron Wyden (D-Ore.), chairman of the House Small Business Subcommittee on Regulation, Business Opportunities and Energy said, "These programs are built on false promises and false hopes with claims of medical supervision when there is none, medical endorsements when they don't exist, deceptive use of before and after ads."

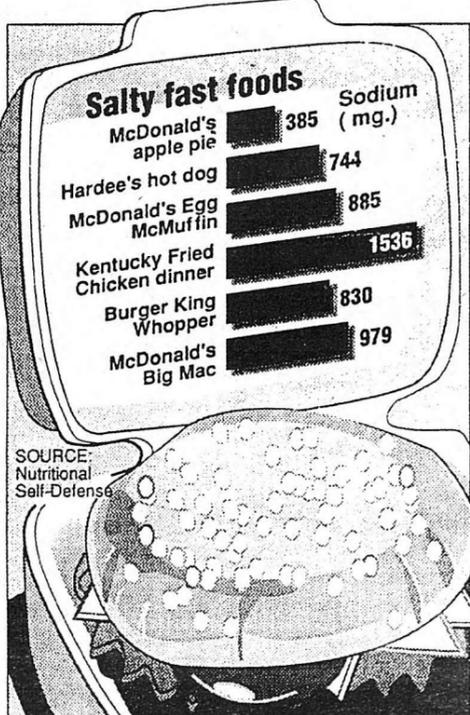
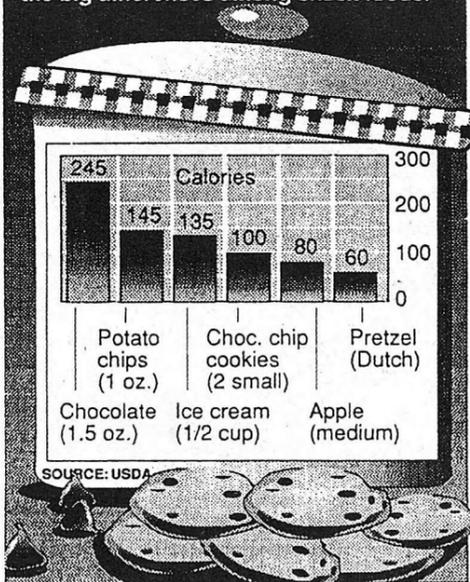
Some firms have agreed to change their advertising and promotional claims. One firm, however, has had its assets frozen and a restraining order has been issued because of false advertising.

If it were only a matter of lying about how much weight can be lost in how short a time, that would be bad enough in terms of being unethical. But the health and even, in some instances, the lives of people could be jeopardized if the claims are false or misleading.

Another important factor is keeping the weight off after the dieter has reached her or his desired weight level. According to the government investigators, the stated success rate is often exaggerated, and the actual failure rate is much higher than potential dieters are led to believe. Rapid weight loss causes changes in the body chemistry that almost always results in the dieter not just regaining the lost weight, but also regaining more poundage than had been taken off. If the dieter goes on another rapid weight loss program, the regained weight is, again, more than the amount lost. Successful weight loss and continuing weight maintenance are possible. But you must work with your doctor.

Watch your snack calories

Calories can add up quickly. Be aware of the big differences among snack foods.



How green are you?

There is more to being green than recycling newspapers and using unleaded fuel. Test your ecological intelligence:



- Which of the following does not pollute indoor air?
 - Carpets made of artificial fiber
 - Electrical equipment
 - Household solvents
 - Chipboard furniture
- Which uses the most energy?
 - Refrigerator
 - Stove
 - Washing machine
- What is the best way to reduce auto emissions?
 - Install a catalytic converter
 - Use unleaded fuel
 - Buy a fuel-efficient car
- Which uses the most water in your home?
 - Toilet
 - Bath
 - Washing machine
 - Dishwasher
- Which of the following is not associated with destruction of the Amazon rain forest?
 - Cattle ranchers
 - Western paper-consumption
 - soft drink cans
 - Greenhouse effect
- Which is the most environmentally friendly form of energy?
 - Nuclear power
 - Coal
 - Natural gas
 - Oil
- Which of the following has not been associated with increased rates of miscarriage?
 - Sleeping under electric blankets
 - Working with x-rays
 - Too much sex
 - VDTs (visual display terminals)
 - Coffee consumption
- Which of the following of statements about plastic cling-wrap is untrue?
 - May cause cancer
 - Soaks into fatty foods like cheese and meat
 - Is less harmful at lower temperatures
 - Contains bacteria which can cause salmonella

Answers: 1. a). Electrical equipment can produce ozone; Chipboard contains formaldehyde. 2. b). But gas is more efficient than electricity. 3. a). Cuts some emissions by 90%. 4. a). 5. b). Most are destroyed to raise cattle or convert bauxite to aluminum. 6. c). 7. c). 8. d).

Awareness level: 7-8-Dark Green 3-4-Transparent Green
5-6-Light Green 0-2-Head in the sand

SOURCE: The New Internationalist

Red Devil Dash runners scorch

FORT KOBBE (USARSO PAO) - A light overcast in the morning sky protected 167 runners from the hot Panama sun during the first running of the Red Devil Dash here Saturday. The 1-mile, 5-kilometer and 10-kilometer races were sponsored by 1st Battalion, 508th Infantry (Airborne).

In the 1-mile race, Mark Pegher won the male division and was closely followed by Oscar Cedino and Luis Perozo. Oritta Essien was the first overall competitor across the finish line in the one-mile event. Ana Guzman placed second among the females, and Tara Fitzgerald was third.

In the 5k female race, Elizabeth Castillo won the 19- and-under category, and Rosana Valdeperas placed second. In the 20-30 age category, Laura Beal was the top finisher with Sheila Flynn second. Susan Wajda took top honors in the 31-40 age category with Yolanda Pegher finishing second.

In the women's 10k race, Sara Garcia outran her sister Linda to win the 19-and-under division. Susan Sine competed in the 20-30 age division and was the top female finisher.

In the men's 5k, Shawn Fitzgerald won the 19-and-under category followed by Terrance Lee and Paul Fincher. Joginder Dhillon took top honors in the 20-30 age category. David Clontz placed second and Ted Mauzey finished third. Ray Evanoff won the 5k overall, also winning the 31-40 age division. Tom Jackson finished second, and Edward McAller finished third. Robert McIntosh sprinted to top honors in the 41-50 group and was followed by John Corson. In the 50-plus category, Alfredo Pasamante finished first, Richard Bjorneby finished second and John Plant was third.

In the men's 10k, Raul Garcia was the only competitor in the 19-and-under category. Reuben Tull Jr. took top honors in the race and the 20-30 age division. He was followed by Kenneth Riggsbee and Kevin Huggins. Fred Lassiter won the 31-40 category fol-



lowed by Rauer in second and David Erchull in third. B. R. Fitzgerald was the first competitor to cross the finish line in the 41-50 age division with Ricardo Aguilar second and Joe Parker third.

In the team events, the Company A, 1/508th "Gators" won the 5k and were followed by the "Mortars" from HHC 1/508th. The HHC 1/508th "Medics" were the only team competing in the 10k.

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Soldier makes run for All-Army spot

FORT CLAYTON (USARSO PAO) - In October, U.S. Army South's 10-miler team placed ninth out of 143 entries in the All-Army 10-miler race held in Washington.

USARSO's team consisted of B.R. Fitzgerald, Kevin Huggins, Lawrence Damore, Reuben Tull, Fred Lassiter and Jose Figueroa.

"As coach and runner, I was extremely pleased with how we did... but, not as happy as I would've been if we'd placed first," said Fitzgerald.

Fitzgerald also wanted to thank Rick Velasco, of Community Recreation Division Sports, for his support of the race. "It was absolutely superb, and the best the team had ever seen," said Fitzgerald.

The fastest person on the USARSO team was Tull who placed 50th out of 5,400 runners, posting a time of 56:05;

for a 5:36 per mile average time. This year's results represented a substantial improvement over 1989's for Tull and the team.

In 1989, Tull, then stationed at Fort Bragg, placed 156th out of 4,500, while USARSO placed 13th out of 147 teams competing.

Tull, who has run the race twice, said the course was altered this year. It was more to the flat side.

"It was hot this time. Once we started, about five miles into the course it started getting real hot," he said.

"I was in better shape than last year, and the times were faster," said Tull, who is submitting his application for the All-Army team.

If his application is accepted, he will go to a two- to three- week training camp, where they will have tryouts and a final meet to determine the team.

Should Tull make the All-Army team, he will compete around the globe.

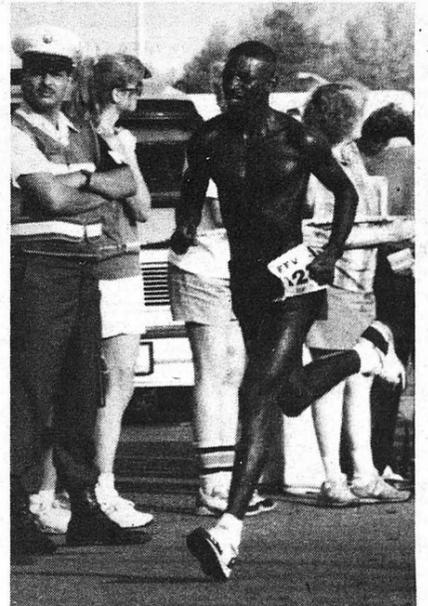
"For training, I get out of bed at 4:30 a.m. to do calisthenics and run five to six miles. Then I attend the company physical training formation, and do regular PT with the company. After that, I run another quick five or six miles," Tull said.

Tull has few dietary requirements.

"I try not to get a lot of cholesterol. I take yolks out of my eggs, and eat high fiber foods and salads and not too much meat.

"About an hour before every race I have a banana with some honey on it. I've done that since high school," said the 30-year-old, who has been running for 18 years.

Tull said he is thinking about the Olympics, but his first concern is making the All-Army 10-miler team.



Reuben Tull kicks in the speed towards the end of the race. (U.S. Army photo by Col. Larry Gragg)

Sports Shorts

Race registration begins

Registration for the eighth annual Transisthmian Relay Race have begun at the CRD Sports offices located in Building 154, Fort Clayton and the Margarita complex. Rosters will include 10 runners and two alternates. Relay race categories are U.S. military, females, open, and over-40 years. A team entry fee is being charged. For additional information call Eva Foster at 287-4050.

Civilian softball swings away

A civilian softball program will begin in December. Registration continues through Dec. 3 at Building 154, Fort Clayton. For information call 287-4050.

Company golf league tees off

Registration for company-level golf concludes Nov. 27 at Building 154, Fort Clayton.

The round robin championship will have a four-person best ball format, with a blind draw elimination for three holes.

Shuttle buses on line for game

Shuttle buses will be available Wednesday, to transport spectators to the annual Turkey Bowl event. Buses will depart at 5 p.m. from Cocoli community Center, with a stop at Amador Officers' Club; the Kobbe Burger King via Quarry Heights; the Fort Clayton Burger King, and Building 19, Corozal. Buses return at 9:30 p.m.

Turkey Bowl tickets on sale

Advance tickets are on sale at Valent Recreation Center, Fort Clayton; Sundial Center at Fort Davis; Building 65 at U.S. Naval Station Panama Canal (Rodman) and Building 248 at Howard AFB. There is a special rate for E-4s and below. For more information call 287-6109.

D.D.U Band to rock crowd

Turkey Bowl '90 will feature the D.D.U. Band, a Department of Defense touring show that performs jazz, rock, and rhythm and blues sounds. The six-member Philadelphia group has recording experi-

ence, and performs high energy level music with audience participation. The D.D.U. Band will offer pre-game entertainment, starting at 6 p.m. Half-time entertainment includes the Balboa High School JROTC Drill Team, and the JV, Varsity and Officers' Wives Club cheerleaders.

No coolers

Persons attending Turkey Bowl '90 are informed that coolers are not allowed.

Fun Run Sprints off

The Howard Sports and Fitness Center will sponsor a five kilometer Fun Run Saturday. The run will start at Building 248 at 7 a.m. The run is free and sign-ups are currently under way. For more information call 284-3451.

AF needs cheerleaders

Cheerleaders are needed for the Air Force Turkey Bowl team. Women interested in being cheerleaders for the team are asked to call the Sports and Fitness Center at 284-3451 or 3602.

Cy Young winners

Drabek takes NL honor

PITTSBURGH (AP) - Doug Drabek, who pitched the Pittsburgh Pirates within one step of the World Series, came within one vote Wednesday of unanimous selection as the National League Cy Young Award winner.

Drabek, who led the league with 22 victories against six losses while leading his team to its first division title since 1979, became the first Pirate in 30 years to win the award.

He received 23 of 24 first-place votes and 118 of a possible 120 points in balloting by the Baseball Writers Association of America.

Welch takes AL honor

NEW YORK (AP) - Bob Welch had the success, if not the stats, of Roger Clemens and Dave Stewart. On Tuesday, he got the Cy Young to go with it.

Welch was the American League's biggest winner in 22 seasons, going 27-6 for the Oakland Athletics. And wins are what usually win the award for the best pitcher.

In a strange and split vote in which no one was named on all 28 ballots, Welch got 15 first-place votes and a total of 107 points. Clemens, with an earned-run average more than a full run better than Welch, was second with eight first-place votes and 77 points.

Stewart also had a better ERA than Welch, his teammate, and won 20 games for the fourth straight season, but again failed to win the Cy Young.

Pack is back, Krieg spent Sunday on his

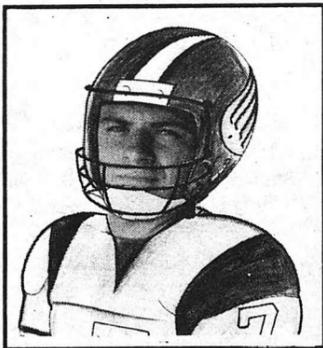
by Spec. John
"Gus" Hall

COROZAL
(Tropic Times) -
N O B O D Y
ASKED ME.
BUT... Kansas
City Chiefs' line-
backer Derrick
Thomas experi-
enced the most
bittersweet game a
defensive player could Sunday. Thomas stuffed Se-
attle quarterback Dave Krieg seven times to set an
NFL record for sacks. On the game's final play, the
Chiefs (5-4) led 16-10 and Thomas had his grasp on
Krieg again. This time, the Seahawks' QB squirmed
free and tossed a 25-yard touchdown to win the game.

As predicted, the New Orleans Saints (4-5) rolled
over the Tampa Bay Buccaneers 35-7 Sunday. For the
second straight game, running backs Rueben Mayes
and Craig Heyward both topped the 100-yard mark.

In the "Repus Bowl," (that's Super backwards)
New England (1-8) held the Colts (3-6) to five first
downs, a 2.1-yard rushing average and 6-of-24 pass-
ing. So the Pats destroyed the Colts right? Wrong.
Rookie QB Jeff George tossed a 26-yard TD with 2:07
left to edge the Patsies, I mean Pats, 13-10.

The Pack is back. The Raiders (6-3) blew it



against (4-5) Green Bay Sunday. Los Angeles could
have taken a two-game lead in AFC West over Kansas
City. The Raiders led 13-3 at home where they hadn't
lost in 10 tries under head coach Art Shell. The
Packers deserve some credit for the 29-16 win. They
held Bo Jackson to 25 yards on 10 carries and Don
Majkowski connected on two TD passes.

49ers 24, Dallas 6. Like I said in the last column,
this one isn't worth discussing.

It seems Jeff Rutledge was a one-game wonder.
The Redskins' QB fell to the wrath of Reggie White
and the Eagles' defense 28-14 Monday night. Rut-
ledge completed a disgusting 6 of 19 for 63 yards
before leaving with a thumb injury.

Philadelphia (5-4) found someone other than QB
Randall Cunningham who could run. Heath Sher-
man netted 124 yards on 35 yards. The Eagles' de-
fense played tough. Defensive end Reggie White
not only intercepted the first pass of his career, but ran
33 yards with it to set up a TD. William Frizzell did
score with an interception for the game's first points.

Now for the moment you've been waiting for. No,
I'm not done, it's prediction time. Houston (4-5) has
the unenviable task of traveling to Cleveland (2-7).
This is a game of numbers. Houston has the AFC's
best offense. Cleveland is next to last. The Oilers
have four of the top five receivers in the conference
for receptions. The Browns have nothing to lose, after
the 42-0 drubbing of the Bills except this game.
Oilers 31, Browns 13.

Now for the lightweights. Dallas (3-7) and the L.A.
Rams (3-6) face off in Anaheim. This one is worth
talking about. Both teams were thrashed Sunday by
the league's two unbeaten teams by a combined score
of 55-13. Sounds like the last Super Bowl score. Both
teams are hopping mad. The Rams offense can hop a
little higher. Rams 27, Cowboys 21.

In a battle of "dome-bodies," Minnesota travels to
Seattle. The Vikings (3-6) are on a two-game winning
streak which doubles the rest of their wins. The
Seahawks (4-5) are back in the playoff race, but who
isn't? Krieg is hot one week and cold the next player.
Minnesota needs this win to stay in the wildcard hunt.
Minnesota, give up hunting; try a new hobby. Seahawks
26, Vikings 10.

I couldn't pass up the Sunday night game. Pitts-
burgh travels to Riverfront in a battle for first place in
the AFC Central. Being a Pittsburgh native, I should
always pick the Steelers to win. That's bad luck.
Bengals 24, Steelers 17.

For the second straight week, there's a good Monday
night match up. The Los Angeles Raiders (6-3), losers
of two straight meet the Miami Dolphins (8-1) at Joe
Robbie Stadium.

The Raiders have owned Monday night annually.
Miami has looked phenomenal on defense but it
hasn't faced a tough offense except Buffalo. The
Raiders will not lose three in a row. Raiders 28,
Dolphins 23. Last week, 3-2. Season against spread
73-55, 57.0%. Monday night 7-3.

NIT round-up

Duke edges Marquette

DURHAM, N.C. (AP) - Christian Laettner scored 24 points and had 12 rebounds Wednesday night to lead No. 6 Duke to an 87-74 victory over Marquette in the opening round of the Big Apple NIT.

The Blue Devils will play host today to Boston College, which beat Memphis State 82-78 Wednesday night, in the second round of the tournament.

Billy McCaffrey added 19 points for Duke, which lost to UNLV in the NCAA championship game last season, while freshman Grant Hill and sophomore guard Bobby Hurley scored 12 each.

Oklahoma beats N'Orleans

NORMAN, Okla. (AP) - Oklahoma used a 16-0 run early in the first half to take control against New Orleans and the 15th-ranked Sooners rolled to a sloppy 95-65 victory Wednesday night in the first round of the Big Apple NIT.

Arkansas slams Vandy

FAYETTEVILLE, Ark. (AP) - Lee Mayberry scored eight points during a 23-6 run and the Arkansas defense did the rest as the second-ranked Razorbacks beat Vanderbilt 107-70 Wednesday night in the first round of the Big Apple NIT.

Arizona routs Austin Peay

TUCSON, Ariz. (AP) - Chris Mills led No. 3 Arizona's balanced scoring with 17 points as the Wildcats overwhelmed shorter Austin Peay with a 59-point first half and cruised to a 122-80 first-round Big Apple NIT victory Wednesday night.



RAIDER ROMP - Fullback Curtis Collier of the Fort Clayton Raiders runs for a touchdown as teammate Jomoore Toney throws a block in youth football action Saturday. The Raiders beat the Cristobal Tigers 36-0 to set up a match up of rivals as the Raiders face the Clayton Wildcats Saturday. (U.S. Army photo by Lt. Col. Bruce K. Bell)

Smith leads Clippers past Suns

Norman scores 20, adds 2 crucial blocks

LOS ANGELES (AP) - Charles Smith scored 27 points and Ken Norman added 20 points and two key blocks down the stretch Wednesday night as the Los Angeles Clippers beat the Phoenix Suns for the first time in 10 tries with a 108-102 victory.

Benoit Benjamin, slowed down the past few weeks by a tender shoulder, added 19 points and 16 rebounds to help the Clippers end their four-game losing streak and Phoenix's three-game winning streak. Tom Chambers paced the Suns with 24 points.

After a pair of missed free throws by Benjamin, Mark West cut the Suns' deficit to 104-100 on a slam dunk with three minutes to play. But Clippers rookie Bo Kimble beat the 24-second clock with a 20-foot shot and then followed two misses foul shots by West with a driving layup for a 108-100 lead with 1:04 left.

Cavs drub Pacers 113-95

RICHFIELD, Ohio (AP) - Rookie Danny Ferry hit two quick baskets and passed to Craig Ehlo for a third during a

24-5 run in the second quarter as the Cleveland Cavaliers built a 22-point first-half lead and beat the Indiana Pacers 113-95 Wednesday night.

Celts swat Hornets 135-126

BOSTON (AP) - One night after his lowest point total in four years, Larry Bird scored 45 points and the Boston Celtics survived a late Charlotte comeback for a 135-126 victory over the Hornets on Wednesday night.

Nets top Bucks 112-95

EAST RUTHERFORD, N.J. (AP) - Derrick Coleman scored a season-high 20 points and Mookie Blaylock got 8 of his 18 points in the fourth quarter Wednesday night as the New Jersey Nets snapped the cold-shooting Milwaukee Bucks' win streak at five games with a 112-95 decision.

Sixers turn back Hawks 112-104

PHILADELPHIA (AP) - Charles Barkley scored 34 points and grabbed 13 rebounds as the Philadelphia 76ers turned back a late rally and defeated the Atlanta Hawks 112-104 Wednesday night.

Seikaly 30 puts "Heat" on Mavs 105-93

MIAMI (AP) - Rony Seikaly had 30 points and 21 rebounds and rookie Bimbo Coles sparked a decisive fourth-quarter spurt as Miami beat Dallas 105-93 Wednesday night, the Heat's first-ever victory over the Mavericks.

Skins lose more than game to Eagles

HERNDON, Va. (AP) - The Washington Redskins practice site resembled a field hospital after the team's beating at the hands of the Philadelphia Eagles.

"This is about as beat up as we've ever been," coach Joe Gibbs said Tuesday, surveying damage that left nine players injured, including two quarterbacks.

Stan Humphries, running back Gerald Riggs and kick returner Walter Stanley are expected to miss several weeks and others could miss time with injuries sustained in the 28-14 loss Monday night to the Eagles.

"They hit us hard and they hit us often and we got hurt," said trainer Bubba Tyer. "I can't remember a game any worse."

Several players were hobbling badly at Redskin Park on Tuesday, one was still in the hospital, trainers and the team doctor were busy all day and scouts were working to fill gaping holes in the roster.

"We're in for a tough haul here," said Gibbs. "I don't think it could be any worse... We're in as much trouble as we've ever been."

Humphries arrived at Redskin Park on crutches with a sprained knee and Jeff Rutledge had his sprained right thumb heavily bandaged, leaving the Redskins scrambling at the position that has given them the most trouble this season.

Gibbs said he hopes to start Mark Rypien this Sunday against New Orleans if he is recovered enough from a seven-week-old knee injury. Journeyman Gary Hogeboom, signed as an emergency backup when Rypien was hurt, would start if neither Rypien nor Rutledge are ready.

"If Rypien looks like he's 100 percent, we'll probably give him a shot. If not, we'll go with Hogeboom," Gibbs said. "The miracle would be if Jeff could come back."

Rutledge, who started only his 10th game in a 12-year NFL career, ended the night with his throwing hand swollen to twice its normal size. Humphries' injury wasn't as bad as feared, said trainer Bubba Tyer, but coach Gibbs said he would still miss four weeks.

"I'm about as healthy as I can be at this point," said Rypien, who planned to take his first snaps in practice this week since his sprained knee. "I think this is my week to get back in there and get going."

Riggs will be placed on the injured list with a sprained foot arch, the same injury that idled him part of last season. The Redskins planned to sign running back Reggie Dupard, who played for Washington last season and was released in training camp, as a replacement.

Ryan explains team's early losses

PHILADELPHIA (AP) - Now that his Philadelphia Eagles are above .500, coach Buddy Ryan is willing to talk about what he thinks caused the team's slow start.

The Eagles (5-4) lost their first two and then dropped to 2-4, losing to teams they were heavy favorites to beat. Some said Ryan's job was in jeopardy.

But the Eagles have won three straight, including a 28-14 triumph over the Washington Redskins Monday night. They are tied for second with the Skins behind the runaway New York Giants (9-0) in the NFC East.

Ryan steadfastly has defended

his team, a pre-season favorite to contend for the division title and the Super Bowl. He has refused to make excuses, insisting the club would turn things around.

Ryan at his weekly news conference Tuesday was pressed to explain the team's tardy start.

At first he was mysterious.

"A lot of things go into it," he began. "Some of the things will get me in trouble if I said 'em. So, I'm going to stay like I am. You (sports writers) have been around long enough to know what I mean."

No, the reporters didn't really know what he meant. So they kept pressing.

"We put in a new offense with two new wide receivers," Ryan said. "Guys were holding out. The tight end (Keith Jackson) was not in camp."

"You can make all kinds of excuses. If I'd have told you this three weeks ago, it would've still been the truth, but you'd have said, 'Oh, he's alibiing.' But that's not alibiing, that's the way it is. That's the slow start."

"I have a good feel for our team now," Ryan added. "I've had a good feel all along. It's taken us a while to get our offense down. I think we're as good as any team in the NFL."

NFL standings

AFC East

	W	L	T	PF	PA
Miami	8	1	0	192	96
Buffalo	8	1	0	274	150
N.Y. Jets	4	6	0	178	216
Indianapolis	3	6	0	125	196
New England	1	8	0	130	257

AFC Central

Cincinnati	5	4	0	212	225
Pittsburgh	5	4	0	171	147
Houston	4	5	0	194	169
Cleveland	2	7	0	128	235

AFC West

L.A. Raiders	6	3	0	170	137
Kansas City	5	4	0	193	138
San Diego	5	5	0	214	163
Denver	3	6	0	197	224
Seattle	4	5	0	175	183

NFC East

	W	L	T	PF	PA
N.Y. Giants	9	0	0	226	110
Washington	5	4	0	199	169
Philadelphia	5	4	0	227	186
Dallas	3	7	0	125	204
Phoenix	2	7	0	110	240

NFC Central

Chicago	8	1	0	229	126
Green Bay	4	5	0	176	196
Tampa Bay	4	6	0	170	243
Detroit	3	6	0	213	237
Minnesota	3	6	0	194	189

NFC West

San Francisco	9	0	0	198	138
New Orleans	4	5	0	171	164
Atlanta	3	6	0	232	251
Los Angeles	3	6	0	198	258

WBA will sanction Holyfield-Foreman fight

NEW YORK (AP) - Evander Holyfield will not surrender the World Boxing Council's piece of his heavyweight championship without a fight.

Holyfield, who won the undisputed title from James "Buster" Douglas Oct. 25, is signed to defend it against 42-year-old George Foreman April 19.

"The fight is happening April 19 because Evander Holyfield is the undisputed heavyweight champion of the world, and there's nothing (WBC president) Jose Sulaiman can do to change that," Dan Duva, Holyfield's promoter, said Wednesday.

He spoke at a news conference called to officially announce that the World Boxing Association had changed its stance and will sanction the match.

The WBC, WBA and International Boxing Federation all ruled that Holyfield's first defense had to be

against Mike Tyson, who lost the title to Douglas.

At the news conference, James Binns, counsel for the WBA, read a letter from WBA President Gilberto Mendoza to Holyfield in which Mendoza said the WBA would sanction the fight with Foreman "upon the condition that the winner must defend the title against the then leading available contender, by no later than June 11, 1991."

Tyson, who is to fight Alex Stewart Dec. 8 at Atlantic City, N.J., currently is the No. 1 contender of all three governing bodies.

The IBF Executive Committee reportedly is leaning toward sanctioning the match, and President Bob Lee said by telephone that he will have an announcement by the end of the week. Should the fight be sanctioned, Lee said, the winner would have 30 days

to negotiate with the leading contender for a defense by next Oct. 25.

Duva threatened court action against the WBC and to take his case to the public and to advertisers who sponsor WBC fights on television, adding: "I believe the WBC is going to sanction this fight or get out of boxing."

"I see the possibility of a congressional investigation into boxing if they steal Holyfield's title."

Asked why he would press for WBC recognition since the fight will happen even if it's withheld, Duva said: "Why it is important is Evander Holyfield earned it."

Duva said the WBC sanctioning fees for the Holyfield-Douglas fight were more than \$300,000, with \$150,000 coming from Holyfield.



R.J. Reynolds (right) celebrates with teammate Barry Bonds after the Pirates clinched the National League East. Reynolds signed a contract with a Japanese baseball team Monday. (AP Laserphoto)

Pirates' Reynolds signs with Japanese team

TOKYO (AP) - The Yokohama Taiyo Whales said Wednesday they have signed former Pittsburgh Pirates outfielder R.J. Reynolds to a one-year contract.

Tadahiro Ushigome, the Whales' public relations director, said Reynolds signed the contract in Tokyo on Monday to play for the Japanese team next season.

Reynolds was a member of the major league all-star team that lost an eight-game series to the Japanese 4-3-1 earlier this month. He played in three

games, going 4-for-9.

Japanese newspapers said the contract was for \$1.3 million, but Ushigome declined to comment in accordance with Japan's usual practice of not disclosing contract amounts.

The 30-year-old Reynolds batted .288 in 95 games for Pittsburgh this year.

Ushigome said that Reynolds would return to Tokyo on Jan. 29 to join the team in training on the southern island of Okinawa.

Ushigome said the Whales have retained the Brewers' Jim Pacionek.

Giants, 49ers downplay Dec. 3 'Super' match-up

by The Associated Press

Ask Bill Parcells THE QUESTION and you get THE ANSWER.

"We're not on a collision course with the 49ers," the New York Giants' coach says. "We're on a collision course with Detroit."

Yeah. Sure. OK.

But try telling that to ABC, which televises Super Bowl XXIV I-II on Dec. 3.

Try telling that to talk show hosts and callers in the two cities that house the first teams to start the season 9-0 in tandem since the Bears and Lions did it in 1934. And who were the Joe Montana and Phil Simms of that year?

The Giants-49ers contest has become a special spectacle in this odd season when the main topics of discussion are the loony schedule and the even loonier officiating. In fact, because parity now refers only to the 23 teams below the Giants, 49ers, Bears, Bills and Dolphins, a meeting of two good teams is a rarity and a meeting of two 11-0 teams unheard of.

Yes, next Monday night's Raiders-Dolphins game in Miami could be a good one. But it would have been a better one if the Raiders hadn't stumbled over Kansas City and Green Bay the past two weeks.

Which is what Parcells and George Seifert have to worry about the next two weeks against Detroit and Philadelphia (New York) and Tampa Bay

and the Rams (in San Francisco). You can probably scratch Detroit (it's outdoors) and Tampa Bay but the Rams and Eagles are another story, particularly the Eagles, whose defense looked its ferocious self for the first time this season against the Washington Redskins on Monday night.

Typically for the 1990 season, the Giants-49ers game means very little in a tangible way. It gives the winner an edge for home-field advantage in an NFC title game (both have to get there first) and it also helps the winner stave off the Bears in the fight to avoid having to play in the first round of the playoffs.

But as for anything else?

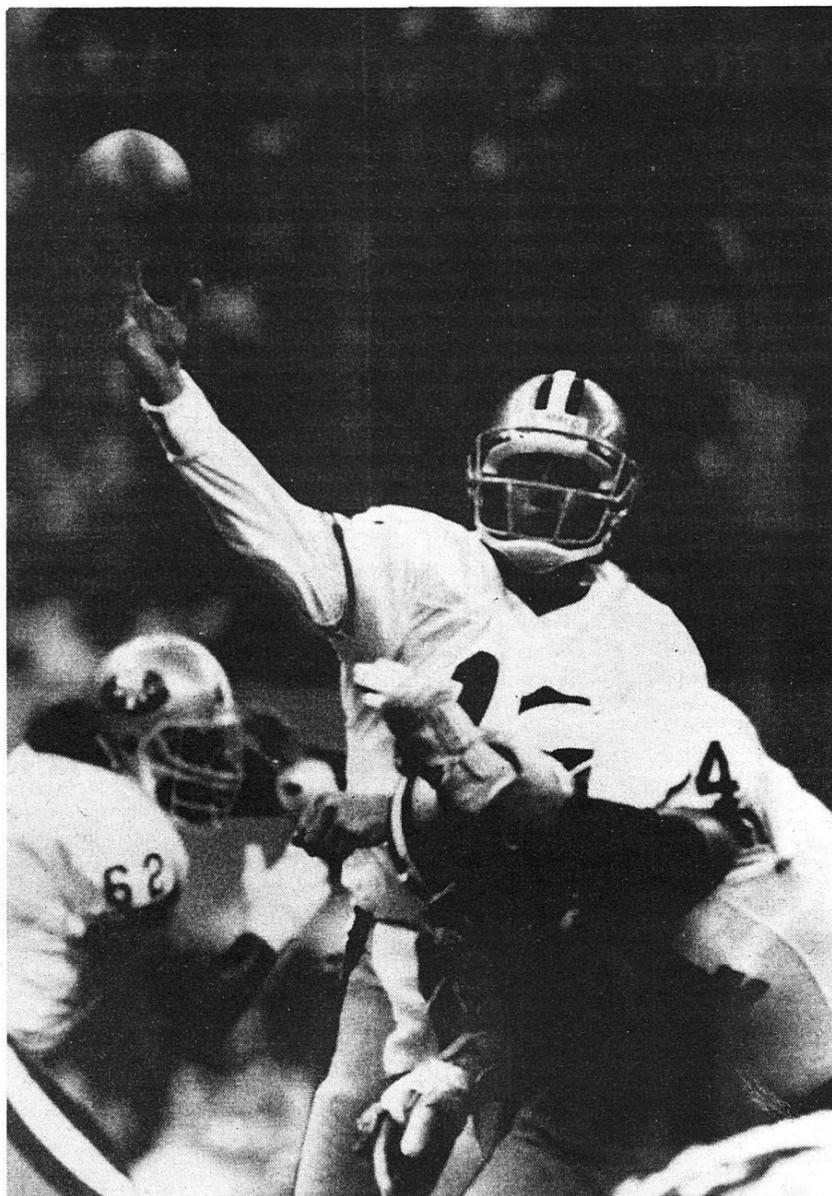
The Giants lead the Eagles and Redskins by four games in the East; the Bears lead the Packers by four in the Central and the 49ers lead the Saints by five in the West.

With seven games to go, that means the races are over - the 49ers' magic number is two; for the Bears and Giants, it's three.

So despite what Parcells and Seifert say, their meeting Dec. 3 is the game that saves the season (decade? year? century?) for the NFL.

Parcells even went so far as to hint Monday that trying to become the first team to go unbeaten since the 1972 Dolphins has its positive aspects.

"Yes, at this point it's a plus factor," he said. "The players really want to do this."



San Francisco quarterback Joe Montana faces a tough New York Giants' defense Dec. 3, but isn't looking past Sunday's game against Tampa Bay. (AP Laserphoto)

NFL underdogs jockeying for playoff spots

by The Associated Press

Just to remind people that 16 games is a long season ... Here come the Saints, Packers and Chargers. There go the Bucs and, to a lesser extent, the Raiders.

While the Giants, 49ers, Bears, Dolphins and Bills continue to sail along at the top of the NFL with a combined record of 42-3, the jockeying for secondary playoff positions is changing every week.

A lot of the action Sunday was on the West Coast, where the Packers handed the Raiders their first home loss of the Art Shell regime. The Raiders, who had won 10 straight at the Coliseum under Shell, now are 6-3 and officially out of the elite.

And the Packers (4-5) are back in the NFC wildcard race, along with the 4-5 Saints, who have un-

leashed Craig "Ironhead" Heyward and the defense in two straight wins by a total of 56-14.

Heyward, who had 35 yards in 11 carries in his first seven games, gained 277 yards in 39 carries the past two weeks, including 155 yards in Sunday's 35-7 destruction of the sliding Bucs.

Tampa Bay, which started 4-2, now has lost four straight and has been outscored 102-23 in the last three.

Then there are the Chargers, who improved to 5-5 with a 19-7 win over Denver.

San Diego is only 1 1/2 games behind the Raiders and a half-game behind the Chiefs in the AFC West and the difference is quarterbacking.

Steve DeBerg of the Chiefs and Jay Schroeder of the Raiders have had predictable off-days the past two

weeks, while the Chargers' Billy Joe Tolliver hasn't thrown an interception in four games (121 attempts), after throwing eight in the first six games. Kansas City hasn't scored an offensive touchdown in 10 quarters.

But the key is defense for the Chargers, who are 5-5 after a 2-5 start. In their first five games, they allowed 322 yards per game and were minus-4 in turnover ratio; in their last five, they've allowed 199.8 yards and are plus-15 in turnovers, as Burt Grossman, Lee Williams, Leslie O'Neal have all demonstrated Pro Bowl capabilities.

"They're as good up front as any team we've played this year," quarterback John Elway of Denver (3-6), another team going south fast, said of the Chargers.

NFL names top players

NEW YORK (AP) - Seattle quarterback Dave Krieg, who threw the winning touchdown pass as time expired, and Kansas City linebacker Derrick Thomas, who sacked him seven times before that, were named AFC Players of the Week Tuesday.

Running back Craig Heyward of the New Orleans Saints and defensive end Richard Dent of the Chicago Bears won honors in the NFC.

Krieg completed 16 of 23 passes for 306 yards and two touchdowns, including a 25-yarder to Paul Skansi in the final seconds as Seattle edged Kansas City 17/16.

Thomas set an NFL record with his seven sacks.

Manley ready to make comeback

WASHINGTON (AP) - A year after being banned from the NFL, Dexter Manley is ready to resume a career that has taken him from the Super Bowl to drug and alcohol treatment centers.

But the former Pro Bowl defensive end says he has also used his time in rehabilitation to prepare himself for rejection from the league and the Washington Redskins.

"My skin has grown tough," said Manley, banished last Nov. 18 after violating the league's substance abuse policy for the third time. "The most important thing for me is to stay focused on my recovery."

NFL commissioner Paul Tagliabue will meet with Manley in New York today before deciding whether the defensive lineman could return. The commissioner had said he would review the case after one year.

If Manley were reinstated, the Redskins would have to decide whether to take him back for the final six weeks of his contract. Team officials, however, have said privately that isn't likely to happen.

"I'm hoping the commissioner does what's best for the league and for the game, and I hope I play again," Manley said from Houston, where he did volunteer work at the John Lucas New Spirit substance abuse clinic. "If not, life goes on. I will accept whatever will be."

Manley has said if the Redskins don't want him, he'd be interested in playing for Miami, Denver or the Raiders.

Two players who were also banned by the NFL were later reinstated after a year off, though they are not playing now. Tony Collins, who played for the New England Patriots, was cut by Miami this summer; Stanley Wilson has not played since going to the Super Bowl with the Cincinnati Bengals.

Manley's attorney, Bob Woolf, said he was confident his 31-year-old client will play again somewhere.

"You don't have that kind of talent around," Woolf said. "There have got to be teams that could use him."

In nine years, Manley had 97 sacks, including a team-record 18 in 1986.

Just as important, he provided some spark to an otherwise bland team.

He called himself "Dr. D" and sported a Mohawk haircut. When San Francisco quarterback Joe Montana came to town shortly after returning from major back surgery, Manley showed no sympathy. "I'll ring his clock," he said.

But the emotions he showed on the field also took a toll on his private life.

He was treated for drug and alcohol abuse in 1987 and was suspended for 30 days in July 1988 after testing positive for cocaine. It was cocaine again that did him in a year ago, and he admitted it at a news conference.

Yet he became a hero to many when he went before a congressional committee and acknowledged another problem - illiteracy.

YOUR HOROSCOPE

by Charles King Cooper

ARIES (March 21 to April 19) You'll make a point of saving more time for study and other mental pursuits now and in the coming weeks. Legal, publishing and school concerns are favored. Research on a financial matter is indicated. Once you get unfinished tasks out of the way, your social life soars.

TAURUS (April 20 to May 20) Both old and new friends play a part in the week's activities. Focus on career plans. Favors are asked of you, but you in turn receive benefits. Because your drive is backed by self-discipline and original thought now, you'll make notable career progress.

GEMINI (May 21 to June 20) Don't simply rely on the muse for creative stirrings, but prepare the way with solid concentration. Some make plans to take the children on a special trip. Clearing the air in a heart-to-heart talk with a close tie is akin to making a new start.

CANCER (June 21 to July 22) First, attend to what needs to be done at home base. Then, you'll be in a better position to judge what innovations to include on your agenda. You're on a roll in your career. Once you finish a project, you'll come up with new ideas to increase income.

LEO (July 23 to August 22) How a child handles a responsibility will be the factor in judging what additional freedoms to extend. Home life is

highlighted now. Though you may not be in the mood for social life, you'll do your share of talking on the phone now. Some home duties also keep you busy.

VIRGO (August 23 to September 22) You'll be planning some important financial moves now and in the near future. You have the courage of your beliefs and may become involved in some cause. You make a good appearance before others now. Hard work on a career project consumes much of your time.

LIBRA (September 23 to October 22) Your follow-up timing on deals is excellent, though you and a close tie may have difficulty coming to an agreement about a financial matter. You should be able to complete your research now. Travel soon will be on your agenda. A partner may not budge on a personal matter just yet.

SCORPIO (October 23 to November 21) Loved ones are busy making plans for continued happiness. You might want to take a breather from excessive activity to catch your breath later. A career matter is settled to your satisfaction. A friend or child seems unduly stubborn. Be patient.

SAGITTARIUS (November 22 to December 21) You're motivated to achieve now, but mustn't expect immediate feedback for your new ideas. Continued work on them, though, brings a great sense of well

being. Things should be proceeding nicely in domestic affairs. Dating and recreation should be on the upswing now.

CAPRICORN (December 22 to January 19) You work well as a team now, but don't fuss over matters of investment and spending. Plan for more home entertaining. You live up to your reputation as a hard worker now. Social graces too help you win support of others. Intuition is the key to relationships.

AQUARIUS (January 20 to February 18) A romance becomes more serious now. Couples make intelligent moves regarding the welfare of offspring. Petty jealousy could arise at the office. Rise above it. You're the mastermind of efficiency in domestic interests now. A cycle of increased personal magnetism begins now.

PISCES (February 19 to March 20) Continued popularity is yours, although some of you may be wanting to spend more time alone with a romantic interest. Well thought-out career plans begin to pay off. Your timing is excellent. Friends are behind you. Avoid ideological disagreements.



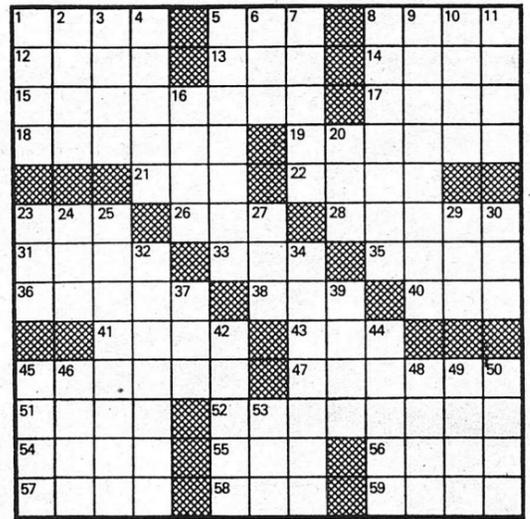
ACROSS

- Reporter's question
- Monk's title
- Water
- First-rate
- Constellation
- Operates
- Portion
- Calcutta measure
- Certain chickens (var.)
- Catacomb figures
- Japanese porry
- Fruit peel
- Abbr. on letters
- European gull
- Size of type
- Praise
- Doleful
- Emerald Isle
- Murdered
- City in Serbia
- An affirmative
- A failure
- A bribe
- Hunting expedition
- Fastidious
- Discharge
- Lodgings
- Great source of supply
- Swiss cantor
- Indian
- Units of energy
- Poet's word
- Garden worker

DOWN

- Moslem grant of property
- Unit of academic credit
- Philippine termite
- Dogma
- Field flowers
- Table scrap
- Municipal official
- Classify
- Dilemma
- Distinct part
- Inquires
- British streetcar
- Inlet
- Overhead railways
- Girl of song
- Drinking thirstily
- Pallid
- Even the score
- Alfonso's queen
- Expands
- Reject with contempt
- And not
- Ply
- Ruffled pride
- Roofing substance
- Sown (Her.)
- Moslem prince
- Pianist Peter
- To corner
- Belgian river
- Suffix of agency

King Crossword



Answers to King Crossword

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classified ads

Animals

Stud's services from AKC Cocker Spaniels, buff color, great disposition. 226-1348

AKC Rottweiler stud services, champion pedigree, show quality. 287-3114

Miniature Pincher puppy, male, black and tan, pure bred. (looks like little Doberman pinchers). \$180. 261-3325

German shepherd female puppy, CCP registered, excellent pedigree, 8 wks old. \$300/firm. 252-1190

Peek-a-poo puppies, 1 male, 2 females, 5 wks. old. \$115/obo. 261-3325

10 weeks old Dachshund puppies, pure bred, no papers. \$125. 252-2081

Large dog kennel. \$60. 286-4828

Pit bull puppies, born Oct. 7. \$100. 252-6073

Free Siamese cats, 2 year old male, 8 year old female. 226-4885/0335

Audio-Visual

17" Sharp color TV, picture in a picture with remote, cable ready. \$350/obo. 284-4093

New Canon lenses; 135 mm f/2.5. \$125. 80-200 mm f/4.0. \$175. 200 mm telephoto f/4.0. \$140. 252-2656

Pioneer amp., teac cass. player, advent mini spkrs and stereo stand. \$250. 284-5427

Commodore 128 with floppy drive and modem, cp/m software and manuals, used five times only. 284-6222

Sharp 25 in. color TV w/remote, exc. cond. \$350. 284-4985

Nikon Action touch 35 mm, water resistant, auto focus camera. \$100. 264-4159 Chris

10" black and white National TV, model TR-12 17 lt. \$35. 269-1651

Apple II GS w/756 K memory, various software, good cond., must sell. \$1500/obo. 287-3788

Sansui solid state stereo phonic amplifier model AU-777-A (365 V.A.) \$225. 261-1734 after 5 p.m.

Stereophonic tuner fm/am, Marantz model 115-B. \$75. 261-1734 after 5 p.m.

Yamaha SR-30 surround. \$150/obo. MCS speakers. \$100/obo. 286-4286

35 mm Olympus camera w/500 mm lens, filters, flash case. \$350. 284-5517 call Jean between 7 a.m. - 4 p.m.

21" Sony Trinitron TV. \$350. Microwave Sharp carousel. \$215. Hammond organ. \$1500. 252-5898

19" color TV Zenith, no remote control. \$250. 287-4290

Camera 35 mm Pentax K-1000 1:2.5 50 mm lens; macro zoom f/4.5 80-200 mm; Vivitar flash. \$300. 287-6582

Zenith 161 "transportable" computer 640-K; dual disk; built in monitor new printer all with manuals. \$950. 236-2643

Cannon AE-1 camera w/xtra lens, filters and numerous accessories. 282-3495

New Epson LX-810 printer w/3 new cartridges ribbons. \$175. 282-3495

Tandy 1000 TX computer, desk, 5 1/4" and 3.5 disk drive, printer, joystick, software, smartwatch. \$1000. 287-3027

Entertainment center, 19" color TV, turntable, tuner, equalizer, dual cassette deck, speakers, cabinet. \$1000. 287-3027

25" console color TV. \$450. Kimball organ.. See at 7208 Cardenas. 252-2155

VHS, 2 years old, cost new. \$400. Excellent condition. \$185. 252-1143

Magnavox color EGA monitor with EGA graphics card. \$425. 286-3524

Video camera G.U.-25 J.V.C. 8 mm with accessories, color TV. 264-3437

Honda electric guitar. \$200. Kimball organ music. \$650. 252-6051

Complete Pioneer stereo system, good cond. \$1000 Zenith 19" color TV w/antenna and TV stand. \$190. 284-3720

Pioneer amp, teac cass., deck, advent mini speakers and stereo stand. \$250. 284-5427

Cannon A-1 35 mm camera 50 mm and 135 mm telephoto lens, speedlite and leather case. \$400. 252-2582

IBM clone, 640 RAM, 20 meg. hd, 1-5 1/4 disk drive, amber monitor. \$675. EGA color monitor, new. \$370. 287-3293

Pioneer KT-7X tuner, MCS integrated amp. \$100/both. 284-6186 after 5 p.m.

Sony Betamovie camera, model BMC #100, exc. cond. \$500. 252-2080

24" color TV, good condition. \$250. 226-0415

XT turbo, 25/1P/1GP, 768KB RAM 360 KB floppy, 20 mb hd, CGA monitor, NX-1000 11 printer. \$1250. 260-2157

VCR - Sony Betamax SL-2400, need adjustment and fine tuning. 1/2 of original price. \$240. 223-2643

Sony FH-203, compact component system, 280 PM PO. \$225. 233-1229

Nintendo with 10 games. 287-5934

2 Technics spkrs, 4 way, 5 spkr system, 300 watts, 16" woofer, 7" tweeter, 3 midrange, spectrum power output meter, 4 setting power output. Leaving soon. \$400/neg. 284-6590

Symphonic small stereo, good for kids. \$125. 252-2943 after 5 p.m.

Automobiles

Well preserved 1976 Mercury 4-dr. w/all elec. doors, a/c, etc. See to appreciate. 5089-A Diablo. \$2500. 252-1194

1975 Jeep Wagoneer automatic transmission, overdrive, am/fm/cass a/c, cb, great condition \$2300/obo. 287-3114

1984 Ford Escort 4-dr, auto, a/c, p/s, p/b, cruise, tinted windows, good condition. \$2200. 284-6675

1982 Renault Fuego, 1,600 cc, automatic, p/w, p/l, p/s, a/c, radio. \$2000. 225-1313

1975 Monte Carlo, newly rebuilt engine. \$2500. 287-4992

1984 BMW, 4-dr, dark green, a/c, shift, duty paid, exc. cond. \$10,000/negotiable. 252-6454

1980 Jaguar X-J6. \$7100. 252-5530

1982 Datsun 280ZX, exc. cond., new interior, low miles. \$5500. 284-5491

1978 VW (German) convertible, a/c, customized. 224-7671

1987 Nissan Sunny station wagon, auto, a/c, am/fm/cass., no duty paid. \$5000/obo. 260-3533 leave message

Rescue my car from the Clayton garage (1975 Chevy Bel Air) because I'm PSCing. \$500/obo. 283-5586

1974 VW Bug, very good condition, radio am/fm. \$1550. 287-6631

Mitsubishi - Gallant - Turbo, diesel, duty paid, 5-spd, anti-rust, Zeibert treatment. \$7500. 266-4885/0335

1984 Ford Escort L, 4-dr, 1.6 lt. engine automatic, a/c, p/s, p/b, cruise, everything works, runs great. \$2200. 284-6675

1980 Buick Le Sabre, 6 cyl., duty free, am/fm/cass., new tires, very good cond. \$1700. 252-1241

1986 Buick Somerest, impeccable cond. 25 mpg, 5-spd, power. \$7500/obo. 287-6494 after 6 p.m.

1978 Buick Electra, all power (and it works, too), stereo, new rubber. \$3000/firm. 287-6494 after 6 p.m.

1987 Mazda B-200 p/u, 1/b, US spec. 1984 Dodge Daytona "as is". Best offer. 236-3051/260-9833

1984 Toyota Cressida, 4-dr, p/s, p/l, p/w, a/c, am/fm/cass. Best offer. 252-6845

1978 VW van, 9 passengers, exc. cond. \$1500. Rotor tiller. \$200. 287-3983

1981 Oldsmobile Toronado, diesel, loaded, great cond. \$3000/obo. 287-4290

1978 VW, blue, Brazilian, good cond., new radio w/speakers. \$2100. 252-6879

1977 Buick Century, 4-dr, 6 cyl., auto, needs work. \$300. 252-2287

1953 - 1964 Bestop tiger top for CJ3B Jeep, w/doors hardware, new in box. \$275. 286-6524

1983 Nissan 4 x 4 kingcab, shell, brushguards, a/c, alarm, tint, hitch, 6 speaker Kenwood, exc. cond. \$6900. 284-3632

1984 1.6 S.R. Toyota Corolla, good cond., radial tires, duty paid. \$4900. 232-5139 call after 5 p.m.

1988 Nissan Sunny station wagon, good cond. \$6300. 1988 p/u Nissan Double cab. \$8500 good cond. 226-0415

1990 Mazda MX-6 GT, fully loaded, with bra, must see. 287-5934

1982 Dodge Aries station wagon, auto, a/c, p/s, p/b, 4-cyl, good tires, must see, duty not paid. \$2700. 252-2772

1987 Nissan van XE, blue, low miles, tinted windows, am/fm. \$9500. 287-4998

1986 Mitsubishi Montero, 4 x 4, hi-top, diesel, duty paid, a/c, p/s, am/fm/cass, 5-spd, excellent cond. \$12,500. 287-3293

1984 Dodge Omni, 4-dr, 2.2 L, new tires, a/c, am/fm, exc. cond. in and out. \$3400. 260-2157

1979 Plymouth Horizon, a/c, perfect running condition, duty paid. \$2000. 260-2932

1983 Jeep CJ-7 Renegade, 4 cyl, 5-spd., 3500 pounds, elec. winch, new soft top, new chairs. \$4800. 268-0586

1983 Jeep CJ-7 hardtop, good cond., duty not paid. \$6000. 260-7769

1970 Chevelle Malibu V-8 307, 2-dr. \$1000/obo. 284-5696

1980 Dodge Omni, auto, a/c, am/fm, duty paid, looks good, runs good. \$2900/negotiable. 223-0064

1980 VW bug, sun roof, exc. cond. \$1850/obo. 286-3382 after 6 p.m.

1988 Nissan Sunny, with a/c, 5-spd., am/fm, only 17,000 miles. \$4800. 284-6186 after 5 p.m.

1983 Nissan Pulsar, very good cond., sunroof, 5-spd, good gas mileage, one owner. \$3800/obo. 282-3605/4472 ask for Crit

1986 Datsun kingcab p/u, w/topper, 75,000 miles, 4 cyl, 5-spd. \$3500 sell by Dec. 3rd. 287-6936

1978 Ford Granada, 2-dr, not duty paid. \$1000. 252-6241

1985 Roky Daihatsu turbo diesel, full extras, duty paid, best offer. \$8600. 261-6584

1978 Plymouth Volare, p/s, p/b, at, runs good, body has rust. \$500. 284-3366 ask for Fink

1976 Ford Mustang II, duty paid, 4-cyl., new battery, needs body work. \$1000. 230-0847

1980 AMC Concord, good cond., dependable. \$2000/obo. 269-3926 evenings

1988 Ford XLT 150 p/u truck, like new, low mile, loaded. 252-6838

1975 Volvo 245, 4cyl, sw, a/c, standard shift, good tires, good mechanical cond. \$1700. 252-6838

Available

Country crafts for Christmas or special occasions. (Country bunnies, Santa and Mrs. Claus. 287-4771

Responsible Army dependent will babysit my home Kobbé area, newborn welcome. 284-4089

Spanish speaking maid, available M-F. 287-4379

Excellent bi-lingual maid/housekeeper part-time. (M-W-Th). 286-4232 after 5 p.m.

Live-in Spanish speaking maid, responsible and good with children. 228-6386

Spanish speaking lady offers her efficient services as a full or part time maid/tutor/babysitter. 224-9348

Spanish maid, very honest, good with kids, good references. 250-0181 ask for Isabel after 6:30 p.m.

Piano lessons at student's home, all ages, open time. \$8 an hour. 262-7741

Excellent honest Spanish speaking maid, excellent housekeeper, child care, excellent references. 228-4852 call after 6:30 p.m.

English speaking day maid, reliable honest with references, mature, cooks. 221-6641

Mature and honest, live-in maid, English speaking, great with kids all ages. 220-0418

Excellent bilingual maid, cooks, cleans, wash, irons, loves kids, available anytime. 1-2-3 days per-week. 232-4872

42 year old Spanish speaking live-in maid, cleans, irons, cooks and babysits. \$110. 238-1172

Spanish speaking maid on/off post, Mon.-Fri. 287-4322

Mature, reliable, experienced housekeeper, English speaking, by the day. 228-1680

Excellent honest Spanish maid with little English, cleaning, ironing, cooking, care for children, references. 284-5429

Typist available for term papers, etc. \$1/\$2 a page. 287-4535 ask for Patty

Spanish speaking maid. 228-0506

English speaking maid available anytime. 287-4538

Mature bilingual woman babysitter most evenings and weekends, references available are excellent. 287-3735

Excellent Spanish speaking day maid, honest, reliable, trustworthy, hard worker, references, salary negotiable. 252-2129

Best day maid in Panama, Jamaican, fluent English, references provided. 287-3188

Spanish maid, good with kids, available immediately. 234-0930/267-8495

Boats & Campers

New 19' Cobia fully loaded, 150 hp Johnson outboard, arrow trailer, duty paid. \$18,950/make offer. 269-5173

18" fish-n-ski w/trailer, 120 hp. Mercruiser, must sell this month. PCS. \$4500. 284-3332

classified ads

VHF radio SMR ST-8200, am/fm/VHF, new in box w/antenna. \$220. 252-5162

21' Paramount Open fisherman, 225 Evinrude, 1989, depth finder, stereo. \$18,500. 256-6410

18' Glastron boat with 130 h.p. Volvo Penta engine, exc. cond. \$4500. 232-5322

23 ft. sail boat (1974) Columbia w/trailer, 7.5 h.p. outboard, many extras. 228-2331 after 5 p.m.

18' Glasstream Pro Bass boat, 140 h.p. Suzuki, motor guide brute, trolling motor, trailer, etc. /\$9800/obo. 284-4892

34' fiberglass diesel yacht in good condition, reduced to, \$48,000. 252-6073

14 ft. Abernathy boat and trailer, t-top, central console, 30 hp, automatic Evinrude motor (1990). \$3500. 225-1372

Household

Patio furniture. \$225. Electric portable typewriter. \$125. Drapes and rods. All in exc. cond. 282-3728

2 twin beds with box springs "Like new". \$95 each. 260-0778

12" electric desk fan. \$19. 11" Penny electric desk fan. \$15. 269-1651

Bentwood Rocker and matching table. \$50. Glass top coffee table. \$20. 287-6585

Several electric stoves, one clothes dryer. Negotiable. 261-5531

Washer: General Electric, white, heavy duty, 4 month use, like new. \$550. 264-2437

Refrigerator, sofa tables (2), coffee table, mattresses (2), bicycle. 224-7671

Couch and loveseat, black and mauve beautiful set. \$1300. Smoked glass top table w/4 black chairs. \$550. 236-1218

Full size waterbed with padded sideboards. Needs minor repair. \$150. 286-3524

Padding for carpets. Brand new. 40 sq. yds. Pads 2 rooms. \$75. 287-5887

Rattan glass top table w/6 chairs. \$400. 2 fans 12" & 16" 282-3330

Heavy duty dryer, good cond. \$150. 287-3173

Sleeper sofa, leather, tan. \$600. Carpet, Oriental, 6 x 9. \$30. Dishwasher, Whirlpool. \$70. 287-6494 call after 6 p.m.

Solid hardwood American dining set large table 4 regular, 2 captains chair additional glass top condition new cost \$2495 will accept. \$1995. 235-4854

Wooden sofa, 2 arm chairs, center table, all white pine, country style. \$250. 284-6683

Magic Chef stove, 20", good condition with connection. \$125. 264-6025

Whirlpool heavy duty dryer, exc. cond. \$295. 287-6522

Kenmore washer and dryer. \$650. A man and womans 10 speeds. \$25 each. Traves curtain rods. \$10 each. 287-3446 after 5 p.m.

17 cu. ft. Whirlpool, no-frost upright freezer. \$250. Kenmore refrigerator. \$450. Small/medium size dog traveling kennel \$20. 264-4371 after 5 p.m.

White bedroom set w/1 chest of drawers, 1 night stand, canopy and pink canopy cover and poster curtains, mattress and box spring. \$600. 282-3720

A.C. 20,000 BTU. \$150. One year old Frigidaire washer and dryer. \$550. Sunbeam iron. \$10. 284-3923

Household items and appliances for immediate sale. 252-6241

Whirlpool 18,000 BTU a/c, almost new, avail. o/a Dec 16. \$375. Desk, metal w/fitted glass top. \$70 (43" x 33"). 252-6029

Twin size mattress with box spring and frame exc. cond. \$85. 252-5179

Beautiful five piece bedroom set w/mattress & boxspring. 8 month old. \$850

1-pastel vertical blind new 63" wide 78" long. \$100. 252-1111

Cocktail table and two side tables. Like new. U.S. made. \$495/obo. 252-5177

Kenmore dryer. \$150. Westinghouse washer. \$200. 282-3930

White wrought iron table, glass top, 6 chairs. \$250. 286-4390

King size mattress and box spring. \$300. 252-2080

Fedders 12,000 BTU, cleaned and painted 30 days guarantee. \$175. 252-1032

Dining room table & China cabinet. \$3000. Sofa & loveseat. \$1000. Patio furniture, mirrors, tables, desks, more. 252-6459

Admiral 2 year old white refrigerator, 2 door side by side. 21.7 of capacity. \$850. 260-6159

Six piece rattan living room set. Like new. \$850. 252-6440

Whirlpool G.E. dishwashers, need repairs. \$30 each or two for \$50. 252-2379

Like new freezer, 21 cu. ft. frost free. 233-2002

G.E. 11,000 a/c. \$235. Whirlpool 10,000 a/c. \$250. Fedders 22,000 a/c \$350. 252-2287

G.E. Refrigerator, 17 ft. mustard/gold color, exc. \$525 firm. 252-2397

Full size matt & boxspring. \$175. Dining room set. \$250. Living room set. \$450. Dryer. \$350 (1 yr. old). End tables. \$50. 286-3778

Solid wood cherry queen bedroom set - four poster bed, dresser/mirror, chest. \$2000/obo. 287-3790 after 6 p.m.

9 piece dinnette set w/60" table w/chairs and 66" China cabinet. \$1200. 261-8305

Sectional sofa. \$650. Armchair. \$150. Recliner. \$300. Office swivel chair. \$100. Curtains & rods. 252-6454

Frost free General Electric refrigerator like new. \$650. 287-4992

Large capacity G.E. microwave oven. \$300. Oster kitchen center. \$100. Oskar food processor. \$40. 287-3340

5,000 BTU a/c used 2 months. \$200. 287-3794

2 Swivel chairs, gold color. \$180 each. 252-5301

Refrigerator Admiral 17". \$500. Dishwasher G.E. \$125. Three table set. \$450. Loveseat. \$225. Sofa. \$350. Twin bed w/drawers, etc. 225-1313

Mauve carpet 14'x18', 8'x10'. \$75. 4 blue upholstered chairs. \$75 ea. Programmable cassette deck. \$75. Turntable. \$40. 2 light blue mini blinds 60" wide. \$35 ea. 286-4828

Beautiful five piece bedroom set w/mattress and boxspring, 8 months old. \$850. 287-4157 ask for Davidson

Lost

Brendel boxer, full grown, 1 1/2 year old, name; Duran, special pet...Reward. 252-2383

Large green parrot, talks, special pet. 252-6829/3557

Miscellaneous

Girl's 12" tricycle, girl's 20" bicycle, ladies 10 spd. bike, Singer's sewing machine 110/220 V. 287-4886

Hydro-slide, exc. cond. \$75. 282-3180

GE washer. \$450. Like new, Oak Davenport. \$150. Console TV. \$385. 287-6631

20" girl's bike. \$30. Lawnmower needs work. \$75. Child skateboard. \$10. 287-3087

Tow bar. \$100. 287-4992

Sears washer and dryer, like new. Cobra radar detector. 287-5934

Train set, games, toys, etc. 287-3173

Benotto racing bike, 12 spd., slightly used. \$180. Eureka vacuum cleaner, good cond. \$40. Philco a/c, 220 V. \$85. 252-2397

Baby cradle. \$60. Baby swing, clothes 0-9 mths, baby towels, blankets, socks and shoes. 284-4895

Very special limited edition encyclopedia Britannica. \$1000. 286-3473

2 Beach Cruiser bikes; 1 Penn fishing reel; Tasco telescope, world class zoom lens with adaptor. 252-1111

Air compressor, gasoline motor, 80 gallon tank. \$2300. Air hoses. \$150. 256-6410

Sandblaster, pressure 20 gallon tank with all equipment, new hose, helmet. \$650. 256-6410

PCSing; 1 coffee table. \$100. Coffee and two end tables. \$250. Washer machine. \$225. 284-4490

Lamps, bedsheets, bedspreads, towel ornaments, bar cart, tablecloths, patio sale, Nov. 10. 266-0102

Baby car seat. \$15. Infant toddler car seat. \$20. Baby carrier. \$10. 260-3485

Maternity dresses, size 16. Sheer curtains, light green and white. 287-6244

General Electric 6,000 btu 120 V., needs leak repair. \$125/obo. 233-1229

A/c compressor and clutch for Honda Accord. \$395/obo. Smith Corona portable typewriter, new. \$125. 252-5177

Kenmore frostless, large capacity refrigerator, almost new, with glass shelves and ice maker. \$700. 286-4286

Barbie dream house. \$70. Barbies. \$7. Barbie furniture and Barbie clothes. Trap set including cymbals, top hat. \$450. 287-3294

Baby swing, 2 baby walkers, baby Snuggli carrier, miscellaneous baby items. 171 Howard. 284-4485 call Becky

Baby walker. \$20. Car seat w/cover. \$20. Bicycles. \$40. 252-6829

50 gal., aquarium w/stand and accessories. \$95. Table lamp. \$25. Two scooter. \$20. 252-6707

Boys bicycle w/training wheels. \$40. 286-3484

500 capacity weight lifting bench, exc. cond. \$40. 252-2379

Ladies dresses, new, size 3-4, rose/floral, cost \$102. Sell. \$75. Ladies shoes, 9-AAA. 282-3495

Playskool playtime with baby. \$30. Denim Snuggli baby carrier. \$30. 287-4778

Waterbed, full size, mirror headboard w/shelves, heater, exc. cond. \$100. 284-5394

Tropical rose bushes and other tropical plants. \$1.00-\$3.00. 284-3332

Armoire. Washer and dryer set. 14k gold jewelry. Radar detector. Other prices. Good prices. 289-3236

Baby bathtub, bottle warmers, carrier, clothes, cordless iron, everything excellent cond. and reasonably priced. 287-6722 from 4 p.m. - 8 p.m.

Ironing board. \$5. Toaster. \$5. Rowing machine. \$40. 287-4092

37 gal., aquarium, new, complete set up w/stand. \$200/obo. 284-6484 between 5 p.m. - 9 p.m. only

Beautiful wedding dress by Bianchi, w/veil, size 8-10, like new. \$450. 252-1126

Boy's bikes; Redline 600 c. \$100/obo. Team Murray 2-spd. \$80. 252-6929

Wedding dress. \$100. Shower door. \$100. Beam box antenna. \$30. Keyboard. \$400. 252-2781

Bicycle boy 20". \$30. Bicycle stationary. \$30. 287-6582

Living room curtain gold and blue design with lining, 98" x 102", almost new. Negotiable. 252-6454

New English tan/black broken stripe tweed sport coat, cost. \$235, size 42 regular, tan woolen overcoat, will sell for \$125. 252-5643

Surfboard; 5'11", Rip Curl with Tri-Fins, comes with top freight bag. \$300/with bag. 225-6929

Baby walker. \$15. 16" and 12" bikes. \$40/\$30. 252-1257

Corner unit bookshelf, luggage, oriental rugs 6 x 9. 252-2676

Mushroom roll bar, like new. \$150. 287-4992

Leroy set used once. \$40. Airbrush set never used. \$50. Epilady shaver like new. \$10. 252-2138

Canon calculator, needs repair, 2 girls bike. Magic Chef stove. \$175. 260-8850

Riding breeches, ladies 7, rust. \$20. Bicycle Bianchi foldable/adjustable. \$45. Ladies small jeans to evening dresses. 252-2138

Satin bridal gown - exquisite, emroidered cutwork, enhanced with sequins and pearls, size 10, never worn. \$700. 252-6231

Grass cutter, 5 hp, 22" blade, high wheel. \$170. 252-5872

Two r/c cars, many extras, wheels, chargers, etc. \$250. 252-1201

Ladies bicycle, good condition. \$45. Boys 5-8 bicycle, good condition. \$25. 287-6222

Water skiing slalom with cover. \$75. Bronze dinnerware 102 piece set. \$75. New PVC plumbing pipes. 252-2760

Infant/toddler clothes, great cond., girls and boys. Negotiable. 285-4190

Entertainment center, solid wood, great cond. \$650. Roll top desk, solid wood. \$625. Baby changing table. \$300. 236-1218

7 ft. Sears Christmas tree. \$45. Sharp Carousel microwave. \$150. All exc. condition and prices firm. 252-3397

Kenmore heavy duty dryer. \$400. Penny wedding dress. \$175. Sofa sleeper. \$400. Floral sofa. \$400. Kenmore upright vacuum cleaner. \$100. 284-3397

Motorcycles

Yamaha Riva 200, excellent condition, low mileage, w/helmet and vest, 93 mpg. \$1900/obo. 287-3788

1988 Yamaha 650, U.S. spec., duty paid, 857 miles, exc. cond., helmets included. \$3000. 284-4082 from 11 a.m. - 7 p.m.

1982 Honda Nighthawk 650, exc. cond. \$1400. 1982 Suzuki DR 500, exc. cond. \$850. 287-4036

1981 Honda custom CX-500, duty paid, looks great, runs like new. \$1650. 287-4988

1978 Kawasaki 650-SR, red color, 17500 mileage. \$1000. 283-4404

Patio Sales

3222 Empire St. Balboa. 7 a.m. - noon Saturday

6457 Los Rios (clothes, vacuum cleaner, ceramics, etc.) Saturday

764-B Balboa, multi-family. 7 a.m. - noon Saturday

1009-B La Boca (assorted kids clothes, miscellaneous articles) Saturday

662-B Howard, 8 a.m. - 1 p.m. (household items, winter & summer clothes, adult & baby, \$1-\$10) Saturday

2364 Balboa. Saturday

2304 Balboa 7 a.m. - 11 a.m. Saturday

145-B Clark St. Albrook 8 a.m. (3 family, household items, furniture, clothing) Saturday

2473 Morgan Ave. Balboa (electric stove, clothes, chairs) 7 a.m. - 11 a.m. Saturday

7224-A-B Cardenas 7 a.m. - 10 a.m. (coffee and end tables, household items) Saturday

7224-A-B Cardenas 7 a.m. - 1 p.m. Saturday

2300-A Balboa 8 a.m. - 11 a.m. (household goods, toys, stereo console, clothes) Saturday

6348 Los Rios 7 a.m. - noon. (household items, toys, clothing) Saturday

2422 Morgan Ave, Balboa 7 a.m. - 11 a.m. (clothing, miscellaneous, new PVC plumbing pipes. Saturday

1522-C Howard 7 a.m. - noon (clothes, toys, misc.) Saturday

5775 Apt. A Diablo 6 a.m. - 1 p.m. Saturday

2315-A Balboa. Saturday

763 Balboa. Saturday

117 Howard 8 a.m. - noon. (adult, teenage, baby girl clothes, pajamas, dresses, jeans, formals) Saturday

Wanted

Siamese kittens for small buy. 252-1110

La Leche League leader interested in reforming Panama group. 287-6585

One slide projection in good working condition. 252-6193

Lady who bought mola bears at Ft. Amador bazaar, please call, I have your bear. 252-6425

PCSing? Tired of mess, noise? We give birds a good home, live inside not outside. 284-3799

Ping golf clubs, red dot size. 263-9906

Bilingual maid with references must iron and clean, good with kids. 286-3135

Live-in maid, must be fluent in English, to care for 2 children of sole parent. 287-3188

To buy double bedroom set, firm mattress, stove 30" electrical or gas and washing machine, plus table and lamps. 286-4232 after 5 p.m.

Cockatiels, parakeets, budgies for breeding program, best of care, top dollar paid. 284-3799

To locate Nancy Egbert of Cocoli, reference pekingese puppy. 252-6989

the TROPIC TIMES Ad Form

Advertising in the Tropic Times is offered on a space available basis to U.S. military members, civilian DOD employees and employees of other U.S. government agencies. Ads will be accepted only for NON-COMMERCIAL services or goods offered by the advertiser or an immediate family member. Offerings of real estate, firearms or personal ads will not be accepted. The Tropic Times reserves the right to edit any advertisement. Questions regarding non-publication of submitted ads may be directed to the Editor at 285-6612.

Submissions must be typed or legibly printed and limited to 15 words. Only two submissions per family per week will be accepted. Each submission must indicate only one category for publication. Ads for services will be accepted once per quarter as will ads for the Wanted category. Patio Sale ads must indicate date and location. Submitted ads will be published only once and must be resubmitted for further publication. Ads not run because of late receipt or lack of space need not be resubmitted; they will be run the following week unless a specific date is involved.

Deadline for the receipt of ads is 9 a.m. Monday for the following Friday's edition. If Monday is an official holiday, the deadline is 9 a.m. Tuesday. Ads may be mailed to the Tropic Times, APO 34002 or deposited in a drop box at the Albrook Post Office. Advertisers should allow seven to 14 days for processing.

<input type="checkbox"/> ANIMALS	_____
<input type="checkbox"/> AUDIO-VISUAL	_____
<input type="checkbox"/> AUTOMOBILES	_____
<input type="checkbox"/> AVAILABLE	_____
<input type="checkbox"/> BOATS & CAMPERS	_____
<input type="checkbox"/> FOUND	_____
<input type="checkbox"/> HOUSEHOLD	_____
<input type="checkbox"/> LOST	_____
<input type="checkbox"/> MISCELLANEOUS	_____
<input type="checkbox"/> MOTORCYCLES	_____
<input type="checkbox"/> PATIO SALES	_____
<input type="checkbox"/> WANTED	_____

PRICE	_____	HOME PHONE	_____
<p><i>Check only one category per ad form. Only two ads per person each week are allowed. Each ad form is limited to 15 words. Please type or print neatly. Information listed below is not included in the ad, but is required for publication. This information will not be released to third parties.</i></p>			
SPONSOR'S NAME	_____	RANK/GRADE	_____
ORG.	_____	DUTY PHONE	_____



Prime Minister Margaret Thatcher, with Chancellor of the Exchequer John Major (left), listen to former Deputy Prime Minister Sir Geoffrey Howe's resignation speech in the House of Commons in London. Howe launched a devastating attack on Thatcher and opened the door for a leadership change. (AP Laserphoto)

Conservative confronts Thatcher

LONDON (UPI) - Former Defense Secretary Michael Heseltine said he will challenge Prime Minister Margaret Thatcher for the leadership of the Conservative Party, bringing to a head the political infighting that has caused the party's deepest division in 15 years.

Heseltine's bid Wednesday to move into Downing Street had been widely expected amid an escalating public split within the government over Thatcher's policy on Europe, which former Deputy Prime Minister Sir Geoffrey Howe called a "nightmare vision."

Heseltine, 57, said in a television interview that more than 100 members of the Conservative Party had urged him to challenge Thatcher for the vote to be held next Tuesday. "I have a better chance now than Mrs. Thatcher of leading the Conservative Party into a fourth electoral victory and avoiding the ultimate

calamity of a Labor government," he said.

Analysts said if Heseltine can get at least 120 votes, with some 40 abstentions, he would seriously undermine Thatcher's leadership mantle. There are 372 Conservative members of Parliament, and Thatcher must get at least 15 percent more than the majority, or 214 votes, to win. Otherwise a second vote will follow one week later in which other contenders may stand.

Heseltine said if he won, he would have an "immediate and fundamental review" of the Thatcher government's poll tax, a flat fee levied on every taxpayer regardless of income that has been widely criticized as inequitable. Voter disillusionment with the governing party has been reflected in a string of by-election defeats, even in traditional Conservative strongholds, fueling concern among junior members about their prospects in elections that must be called by mid-1991.

99-14-265-(1)
362

by United Press International

Agencies file \$68b claim

NEW YORK - Two government agencies filed a \$6.8 billion claim against Drexel Burnham Lambert, accusing the former employer of junk bond czar Michael Milken of having "plundered" at least 40 savings and loan institutions in securities deals.

Trump faces deadline

NEW YORK - With a Thursday night deadline looming for payment of \$47 million interest on bonds for his Taj Mahal casino, Donald J. Trump asked to return to the negotiating table with bondholders, an attorney said, but the possibility of bankruptcy remained strong.

Eastern gets reprieve

NEW YORK - Eastern Airlines won a reprieve from liquidation when a federal bankruptcy court allowed the beleaguered carrier to take more money from an escrow fund to meet its operating expenses. The judge said \$30 million could be withdrawn from an escrow account in two increments of \$15 million.

Record temperatures set, Northwest remains cool

Sunny skies and record warm temperatures spread across the Great Plains, Midwest and eastern United States as fog socked in New Orleans and the Pacific Northwest remained soggy and cool. Indian summer was expected to send temperatures soaring into the 70s as far north as Chicago.

Typhoon kills 103

MANILA, Philippines - Super typhoon Mike severely damaged Cebu city, the country's second most important commercial center, and a senator Thursday likened the damage to the blast of an atomic bomb.

Military officials said 103 people were killed, 84 missing and presumed dead, and 107 injured when Mike slammed into the central Philippines Tuesday.

Aviation experts investigate crash

ZURICH, Switzerland (UPI) - Italy sent teams of aviation experts and police to Switzerland Thursday to help authorities find what caused an Alitalia DC-9 to crash near Zurich, killing all 40 passengers and six crew members aboard.

According to Alitalia, the Italian state airline, the passengers included six Italians, six Americans, two Japanese officials of the OKI electric company and the remainder were apparently all Swiss. The crew, which included two pilots, two cabin stewards and two hostesses, were Italian.

Alitalia identified the six U.S. citizens as William Briggs, Karol Forman, John Stuckey, Paul Vaughan, Stephen Ritter and a passenger named Bass. It did not say whether Bass was a man or a woman.

Both Swiss police and Alitalia confirmed around midnight that all 46 aboard the plane were killed as the DC-9 broke into small pieces and burned.

Italian Minister of Transport Carlo Bernini sent a special inquiry commission to Zurich to investigate the crash and the interior ministry sent a team of police experts to help Swiss authorities identify the victims.

KGB reveals assassination plans

MOSCOW (UPI) - A Leningrad pipe fitter accused of firing shots at a Red Square parade last week has told investigators that he intended to assassinate President Mikhail Gorbachev, the KGB said Thursday.

The KGB also disclosed that Alexander Shmonov, who is being held in custody of the security police, stood only 150 feet away from Gorbachev and other Soviet leaders when he allegedly fired two shots during the Revolution Day celebrations. Earlier reports said 650 feet separated the gunman from the president.

Police Sgt. Andrei Mylnikov, who claims to have helped disarm the gun-

man at the annual Nov. 7 parade, said that Shmonov stated during a preliminary interrogation: "I wanted to kill Gorbachev."

KGB Col. Pyotr Sokolov said that Shmonov had written a note describing his intentions, which was found in his pocket after the incident in which two shots were fired at Red Square in the heart of Moscow.

"The note was prepared in advance in case of his death during the assassination attempt," the official Tass news agency said. "In the note Shmonov explicitly set out his criminal intentions as regards the Soviet president."

Shmonov, described over the week-

end as an anti-Communist active in radical political causes, had prepared for the alleged assassination attempt for two years and practiced rapid-fire target shooting, Tass said.

Gorbachev, Russian Federation leader Boris Yeltsin and other dignitaries had just led a civilian march across Red Square and returned to their viewing stand atop the mausoleum of Soviet state founder Vladimir Lenin when two shots rang out.

Shmonov, 38, has been charged with trying to commit a terrorist act under a criminal code that specifies assassination of "a state or social figure or representative of authority."

Bush signs bill to clean U.S. skies

WASHINGTON (UPI) - President Bush, fulfilling a campaign pledge to clear America's polluted skies, signs into law Thursday a historic clean air bill that touches virtually every major industry in requiring deep and costly cuts in emissions causing urban smog, acid rain, toxic hazards or ozone depletion.

The bill largely follows the outlines of the clean air plan Bush sent to Capitol Hill last June - an initiative cited by environmentalists and industry alike as the key factor in breaking the 13-year stalemate in Congress over strengthening and updating the 1977 Clean Air

Act. However, environmental groups criticized Bush for weakening his own proposal during congressional deliberations, particularly in regard to reducing automobile pollution, the largest single cause of smog.

Industry officials, meanwhile, charged the White House was more interested in burnishing the image of the "environmental president" than in crafting cost-effective legislation. They said the massive bill would be much more expensive than the administration would admit.

The legislation, approved 89-10 by the Senate and 401-25 by the House

last month, will tighten pollution controls over the next two decades at a vast array of industrial and commercial facilities, ranging from steel mills to power plants to the corner dry cleaner and gasoline station.

It also forces carmakers to build less-polluting automobiles and the oil industry to make cleaner-burning "reformulated" gasoline, a double whammy expected to raise the cost of driving. Bush decided to sign the bill despite warnings from industry and several prominent economists that it will cost thousands of jobs and accelerate the nation's economic downturn.