



Tropic Times

Vol. VII, No. 38

Quarry Heights, Republic of Panama

Friday, Sept. 23, 1994

Two soldiers shot on live-fire exercise

FORT SHERMAN (USARSO PAO) - Two U.S. Army South soldiers were shot and injured during a training exercise at McKenzie Range here last week.

The names of the soldiers are being withheld pending the results of an on-going investigation.

The two soldiers were injured by AR-15 rifle fire during a live-fire exercise, officials said. An AR-15 is a modified M-16 rifle.

Both soldiers received wounds to the left shoulder and were medically evacuated from the Fort Sherman Health Clinic to Gorgas Army Community Hospital. Hospital officials report both to be in stable condition.

The incident is under investigation by the U.S. Army Garrison Safety Office.

Weapon permits now cost \$33

FORT CLAYTON (USARSO PAO) - Registration fees for people wanting to register a privately owned weapon with the Panamanian government must be made through the Banco Nacional de Panama in Balboa in the Pacific community. In the Atlantic community, process fees at the New Cristobal Area across from the post office or at 9th and Bolivar Streets in Colon.

The permit is valid for three years, and will cost a total of \$33 — \$11 per year, for each weapon.

Strict requirements to import firearms

FORT CLAYTON (USARSO PAO) - The U.S. Bureau of Alcohol, Tobacco and Firearms has imposed strict requirements on the importation of firearms into the customs territory of the United States, officials said.

Most assault-type weapons, regardless of the country of manufacture, are prohibited from being brought into the United States, Military Police Command Customs Division officials said.

An even larger group of handguns, primarily those known as "Saturday night specials," are prohibited from being brought into the United States and its territories.

In addition, handguns without correct supporting documents will not be authorized into the United States.

All Department of Defense and civilian component workers must be able to show proof that the firearm was legally brought into the Southern Command area from the United States before it can be returned to the states.

If this proof can't be produced, the gun owner must request approval from the Bureau of Alcohol, Tobacco and Firearms for importation of the firearm into the United States.

All the forms required for the importation of firearms are available at the Military Police Command Customs Division in Building 1067, Curundu.

Approval from the Bureau normally takes 8-10 weeks. Once approved, the request is valid for one year.

For information, call 286-6555/6512.



Capt. John Leggett (U.S. Army)

Distant Haven

Col. Louis D. Huddleston (right) explains camp operations to Suriname President Ronald Venetiaan (center) and Surinamese Lt. Col. Borger Boerenveen. For a full report on Operation Distant Haven, see story and photos on Pages 8 and 9.

U.S. troops in Haiti

Military police to restore law and order

PORT-AU-PRINCE (Reuter) - U.S. troops patrolled Haitian streets and slums Wednesday night to prevent violence in this politically volatile Caribbean nation as part of a massive military operation to restore democracy.

U.S. officials said 1,000 U.S. Military Police arrived Wednesday in Haiti to enforce law and order after Haitian police clubbed to death a man Tuesday when crowds gathered to greet the landing of American soldiers.

As of Wednesday, about 8,000 U.S. troops had arrived under a compromise agreement with Haiti's de facto military rulers who must step down by Oct. 15 to allow for the reinstatement of elected president Jean-Bertrand Aristide, whom they ousted three years ago.

In an interview with CBS television, Haiti's military strongman Lt. Gen. Raoul Cedras said he would not leave the country after stepping down as army chief.

U.S. troops took control of the Haitian military's heavy weapons unit on the outskirts of Port-au-Prince to put its armored vehicles, artillery, anti-aircraft and anti-tank guns out of action.

American soldiers moved in to jointly occupy Haitian army installations and were not allowing Haitian soldiers to take their weapons home at night as part of a plan to reduce the number of guns at large in Haitian society.

A military spokesman said the MPs arrived Wednesday in Port-au-Prince to patrol streets and troops had already begun patrolling slums at night that are strongholds of support for Aristide, a fiery Roman Catholic priest loved for his work with orphans and the poor. A U.S. platoon took over a military jail and arms depot in Fort Dimanche next to the city's largest shanty town, Cite Soleil. They found piles of ammunition and old M-1 and Spanish Mauser rifles in cells inside the walled building once used as a jail and torture center by Haitian dictator Francois "Papa Doc" Duvalier.

More than 3,000 people have been killed in the Western hemisphere's poorest country since Aristide's seven-month elected government was toppled, many of them at the hand of paramilitary civilian groups known as "attaches" or "tonton macoutes." The U.S. forces plan to introduce a buy-

back program to reduce an estimated 20,000 weapons held by civilians, amid fears of reprisals between pro and anti-military groups seeking revenge.

The commander of the U.S. forces, Lt. Gen. Hugh Shelton, told Cedras Wednesday that Haitian police must stop beating civilians.

He also told Cedras that Haitian officials must take a more active role in taking guns away from unauthorized civilians.

"Gen. Shelton told him that beatings of civilians must stop now," military spokesman Col. Barry Willey told reporters later. "Cedras said he understood the need to end Haitian-on-Haitian violence."

In Washington, President Clinton said the addition of 1,000 U.S. military police to the forces in Haiti would help deter violence.

"Our armed forces cannot and will not become Haiti's police force. But they can work to see that the Haitian military and police operate in a responsible and professional manner," Clinton said.

Exiled President Jean-Bertrand Aristide had been reluctant to endorse the U.S.-Haiti plan that should return him to office shortly after Oct. 15 because it failed to disarm the Haitian military that deposed him.

But he backed the plan Wednesday in Washington where he thanked the United States for its military intervention to restore him to power and said he would be returning in "less than 24 days."

U.S. forces will train Haiti's police in riot and crowd control after two days of demonstrations that ended in violence at the Port-au-Prince waterfront where thousands of mainly poor Haitians gathered to cheer the Americans soldiers ashore.

Haiti's de facto government banned all public demonstrations Tuesday.

But U.S. Embassy spokesman Stan Schrage said the United States could not support the measure. "The whole point of restoring democracy is for people to be able to express their feelings freely," he told reporters.

Feature Page 3

Navy women work side-by-side with their male counterparts while building camps for Cubans.

News Page 4

Points of contact established to get in touch with various Safe Haven operations.

and more

- ◆ Dengue Fever, Page 5.
- ◆ Women's basketball, Page 13.
- ◆ Hispanic Heritage Month, Page 11.

Suriname addresses for Distant Haven provided

People in Panama interested in writing or sending packages to soldiers in Suriname should address the items as follows: rank, name and service; unit; JTF-NS Distant Haven; APO AE 09360-0001. Print MPS on the upper right corner of the envelope and put return address. If mailing from CONUS or other locations outside of Panama, address the same as above but mail first class postage. Only letter mail and small parcels may be mailed. Parcels must be able to fit in a mailbag.

Families First looking for volunteers to help out

The Family Advocacy Outreach Program is starting a program called "Families First" designed to assist new parents. The program will be supported by volunteers working primarily by phone from their homes. Volunteers must be at least 18 years old, have access to a phone and be able to make one trip to Gorgas Army Medical Center. For more information, call 284-6410/6457.

Howard support center needs donations

The Howard Family Support Center is taking donations for Cuban migrants coming into Panama. Items needed include coloring books, crayons, children's games, magazines, toys (no stuffed animals), sports equipment and children's videos (dubbed or subtitled in Spanish). For more information, call 284-5650/5910.

Rodman Marina has moorings for boaters

Rodman Marina has wet moorings. Active duty military are given priority. To sign up for a wet mooring, please contact the Rodman Marina office at 283-3147.

Army retirement brief set for Monday at Clayton

There will be a pre-retirement orientation 9 a.m. Monday in the conference room of Building 520, Fort Clayton. The orientation is for all soldiers who will retire within the next six months.

Fewer mosquitoes alter fumigation program

Because of the drop in mosquito population throughout all east bank installations, the new fumigation schedule is Mondays and Thursdays on Fort Clayton, Curundu and Corozal, and Tuesdays and Fridays at Albrook, Amador and Quarry Heights. The fumigation is done 6-9 p.m.

Transition assistance can help with new career

The Howard Family Support Center

AMC flight schedule

All flights listed are subject to change because of cancellations, additions or for higher priority mission requirements. Check with the passenger service section for updates on flights by calling 284-4306/3608/4857.

Saturday
5:40am C-130 Howard AFB
Minneapolis, MN
1:45pm C-5A Howard AFB
Charleston AFB, SC (O)
Kelly AFB, TX
Sunday
7am B-727 Howard AFB
Atlanta IAP, GA (C)
Charleston IAP, SC
Monday
5:40am C-130 Howard AFB
Tegucigalpa, Honduras (CC)
Soto Cano AB, Honduras (CC)
Howard AFB
5:45am B-727 Howard AFB (C,O)

Soto Cano AB, Honduras (CC)
Tuesday
5:40am C-141 Howard AFB
Brasilia, Brazil (V,O)
Asuncion, Paraguay
Rio de Janeiro, Brazil (V,O)
Brasilia, Brazil
8:40am B-727 Howard AFB
Atlanta IAP, GA (C)
Charleston IAP, SC
Wednesday
5:55am C-130 Howard, AFB
San Salvador, El Salvador
(V,CC)
Managua, Nicaragua (CC)
Howard AFB

5:40am C-141 Howard AFB
Kelly AFB, TX (M)
Charleston AFB, SC
Thursday
5:45am C-5 Howard AFB
Soto Cano AB, Honduras
Charleston AFB, SC (O)
Dover AFB, DE

A- Active duty only
US- U.S. passport
O-Overnight
C-Commercial Contract
V-Visa
M-Medevac
CC-Country Clearance

will offer a transition seminar from 9 a.m. to 3 p.m. Wednesday, Thursday and Sept. 30 in the FSC, Building 707. The program is designed to help military members and their families transition to a civilian career.

All military personnel within 180 days of separation or retirement, their spouses, and Department of Defense civilians are eligible to attend the seminar.

Individual transition assistance counseling is available from 7:30 a.m. to 4:30 p.m. weekdays. For reservations or more information, call 284-5010/5650.

Howard power outage set for Wednesday

The 24th Civil Engineer Squadron technicians will be performing line maintenance on the overhead electrical distribution system in Gateway Housing, causing a power outage from 8 a.m. to noon, Wednesday. For more information, call Tech Sgt. Henry Soley at 284-6159.

FSU announces term two registration schedule

The Florida State University, Panama Canal Branch, announces the following registration dates for term two: 9:30 a.m.-12:30 p.m. Oct. 5 in Building 128, Fort Clayton, for active duty; 12:30-3 p.m. Oct. 5 in Building 128, Fort Clayton for other than active duty; 9:30 a.m.-3 p.m. Oct. 6 in Building 708, Howard AFB; 9 a.m.-5 p.m. Oct. 11-12 in Building 808, Albrook AFS; and 9 a.m.-2 p.m. Oct. 11-12 in Building 235, Fort Davis. Late registration will be noon-5 p.m. Oct. 17-18 in Building 808, Albrook AFS; and 9 a.m.-2 p.m. Oct. 17-18 in Building 235, Fort Davis. For information, call 285-6922/6952

Thousands still need to submit for new COLA

The Fort Clayton Finance and Accounting Office processed nearly 4,500 Cost of Living Allowance transactions in August. There are still nearly 2,600 sol-

diers not receiving COLA. Unit commanders, first sergeants and personnel services noncommissioned officers should continue efforts to identify soldiers. Soldiers not receiving COLA must contact their chain of command. For information, call 287-4208.

'Just Passin' Through' — Navy Ball set for Oct. 14

The 1994 Navy Ball will be held 6 p.m. Oct. 14 at Club Amador. Tickets are \$10 for E-6/GS-6 and below and \$15 for E-7/GS-7 and above. For information, call Navy public affairs at 283-5641/5644.

Water flushing schedule for September provided

Contractors will be flushing the water mains 8 a.m.-6 p.m. on the following days: Corozal, Monday and Tuesday; Curundu, Thursday; and Quarry Heights, Sunday. Water pressure will be considerably lower for no more than an hour during these times.

ACS sponsors cross cultural workshop

A cross-cultural workshop will be held 8 a.m.-2:30 p.m. Thursday in the instructional room of Youth Services, Building 155, Fort Clayton. For reservations, call Army Community Services at 287-656.

Exams available for amateur radio license

Amateur radio license exams will be 9 a.m. Oct. 1 at the Panama Canal Training Center in Balboa. For reservations, call 252-2450.

Army education center sets new testing hours

The Army education center announces new testing hours beginning Oct. 1. The new hours are 7:30 a.m.-4:30 p.m. Tuesday-Wednesday in Building 128, Fort Clayton. For information, call 287-5702.

Self-Help training class offered on plumbing

The final Self-Help training class for September is Plumbing. The class is 9-11 a.m. Tuesday at the PACE Improvement Center, Building 340, Corozal. For reservations, call 285-6213.

Military clothing still available on Rodman

During the transition of the Marine Corps Exchange to the Army and Air Force Exchange Service, Sept. 30 through Jan. 31, military clothing will still be available.

Store officials said uniform clothing sales will be sold at the Marine Corps Exchange Country and Package Store, Building 4, Rodman NS and also through mail order catalogs. Catalog orders will take 3 to 4 weeks to process.

Spot bid sale, inspection at Corozal announced

A local spot bid sale and inspection of items will be held 7:30 a.m. Oct. 3 in Building 745, Corozal. For information, call 285-4754.

Family quality of life picnic set for Saturday

The quarterly family quality of life picnic for the Department of Panama Canal, Veterans of Foreign Wars, will be 10 a.m.-2 p.m. Saturday at the Albrook bohio near the front gate behind Building 806. There will be free food, games and entertainment. For information, call 287-5844.

Howard education office offers ACC course

The Howard Education Office will offer an Air Combat Command course on "Improving Study and Testing Skills" free to interested military members. The course is designed to enhance ACC members' performance in off-duty education, on-the-job training, professional military education, etc.

The course will be taught in two hour blocks, 8 to 10 a.m., Oct. 17-21 in the Howard Education Center, Building 708. For more information, call Linda Antoine at 284-3263/4863.

Volunteers needed for Women's History Month

Volunteers are needed to plan and organize activities for the 1995 Howard AFB Women's History Month observance scheduled for March. Officials are also looking for someone — holding the rank of master sergeant or above — to chair the observance committee. Anyone interested may call Tech. Sgt. Jim Johnson at 284-5358/5309.

CLEP testing offered to active duty, civilians

The Howard Education Office will offer the SAT exam "English Composition with Essay" Sept. 30 to all active duty military and family members, and Department of Defense employees. Military members may take the exam free the first time, but all others must pay a \$40 fee. The exam will be given in the education center, Building 708, and people who would like to sign up or who need more information may call 284-4863.

Weekend weather



Factoid: Knowing the weather on the ground is important to forecasters, but knowing conditions in the upper levels of the atmosphere is just as important. This data is obtained by launching instruments called radiosondes on balloons which take them up to 95,000 feet. The 24th Weather Squadron launches these balloons twice daily from Albrook AFS.

Pacific		Atlantic	
Saturday		Saturday	
Temperature	Tides	Temperature	Tides
High: 88	6:16 a.m. at 15.6 feet	High: 87	4:11 p.m. at 1.0 feet
Low: 77	12:25 p.m. at 1.4 feet	Low: 76	11:54 p.m. at 0.0 feet
Sunday		Sunday	
High: 90	6:50 a.m. at 14.9 feet	High: 88	4:47 p.m. at 1.0 feet
Low: 78	1:04 p.m. at 2.2 feet	Low: 78	12:28 a.m. at 0.0 feet

Forecast: Partly cloudy with afternoon thunderstorms.



John Hall (U.S. Navy)

Engineman Pamela Rayan, Special Boat Unit 26, breaks concrete with a sledgehammer while helping build a Cuban camp at Empire Range.

Navy women work up a 'glow'

by **Diane Gonzalez**
Rodman NS Public Affairs Officer

EMPIRE RANGE - When women join the armed forces they know they will stand fast with their male counterparts.

For years they have worked with the National Organization for Women for equal pay and for equal job opportunities. One place you can find this scenario is in the Armed Forces.

Take for instance Engineman Pamela Rayan, a fireman for Special Boat Unit 26. She not only can stand fast with her male counterparts and earn equal pay, she can swing a sledgehammer with the best of them. While building camps for the Cubans, Rayan was out in the field pitching tents, hammering down tent stakes and doing whatever the men did. She stood her ground and did the job and received equal pay.

Then there is Petty Officer 3rd Class Kristy Sanderfer, a member of the Rodman NS Seabee's, and a single mom. "I'm a plumber" she says, "but these days I help with anything from edging concrete to pitching tents." She does, as her male counterparts, anything that is necessary to get the job done. She eventually may decide to get her degree in secondary education, but she says, having the plumbing background is going to be a good backup.

Constructionman Carrie Resheske, a construction worker, is another female Seabee. She has been pouring concrete. "This is the life of a Seabee" she said, "we do what we have to without any question. We have a job to get done and a deadline to meet, and that means "JUST DO IT."

Two other women who worked nearly everyday in the field are Petty Officer 1st Class Alicia Silva, and Petty Officer 2nd Class Janine Hernandez. Silva, currently working at the Maritime Operations Center at Rodman, and Hernandez, working at the Inter-

American Naval Telecommunication Network did a little bit of everything from putting up cots and tents to sweeping the concrete slabs. They say they did whatever was necessary to make the camps "ship-shape." They made sure the tents, concrete slabs and cots were ready for their future residents.

"We don't think of gender," says Sanderfer. "We feel as equal as any man in the unit."

"We knew when we joined the Navy this wasn't the easiest job in the world, but we also understood it would mean a better life because of the experience."

Carrie Resheske
Seabee

"We want them (the unit) to know we didn't just pick this life for nothing," Resheske said, "We knew when we joined the Navy this wasn't the easiest job in the world, but we also understood it would mean a better life because of the experience. When we decide if and when to leave the service we know we can qualify for some of the best paying jobs

available." (Resheske will join Naval Mobile Construction Battalion-74 Nov. 8 as one of the first women to join a Navy combat unit)

All five women know they have contributed to Operation Safe Haven to the best of their ability.

"We haven't just stood by and looked around for help, we do what we know how to do and that is work," Silva said.

Silva said the women all agree the work at the camps was difficult. "But, what kept us going was two things: one, the fact we were doing humanitarian work and, second, the fact we were going to make sure life was a little easier for the Cubans than they had in their homeland," she said.

All four camps, nearing completion, have had the help of these five sailors. They look back and realize every single tent they pitched, every single concrete slab they edged and every single stake they hammered in was well worth the effort.

As Cubans move into the camps they helped build, these women know the sweat that went into helping others trying to build their new lives and they all understand the meaning of having a roof over their heads and "being free."



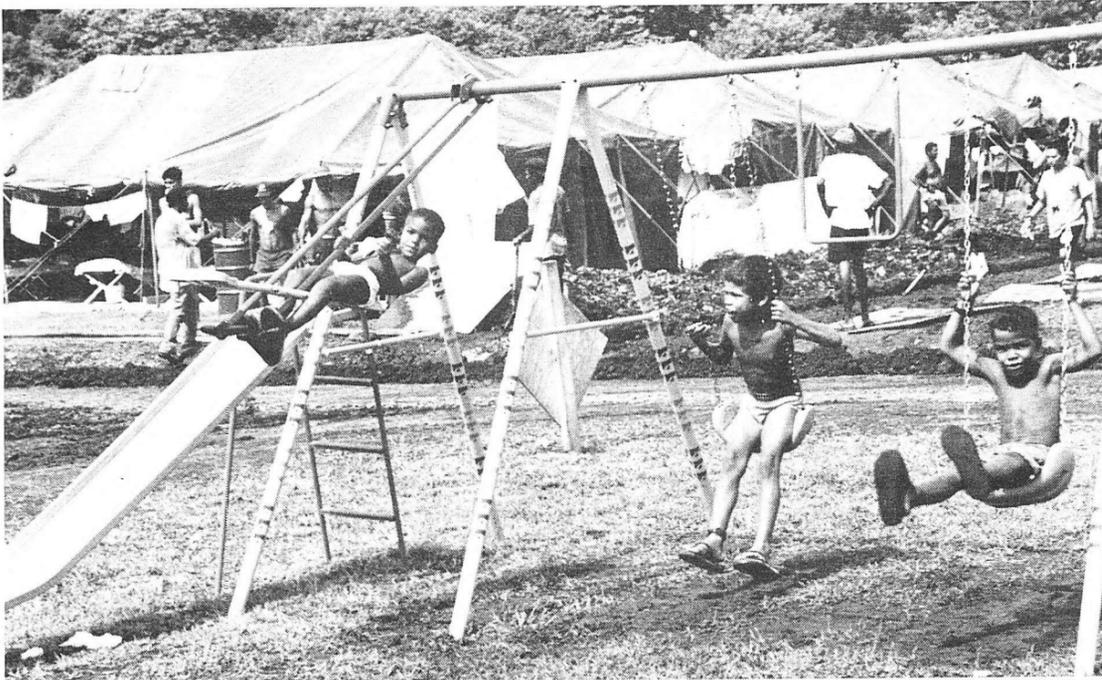
Petty Officer 2nd Class Roberto Taylor (U.S. Navy)

Navy women take a break during camp construction.



Petty Officer 2nd Class Roberto Taylor (U.S. Navy)

Petty Officer 2nd Class Janine Hernandez helps pitch a tent.



Maureen Sampson (Tropic Times)

Cuban children play on a swing set at Safe Haven Camp No. 1 at Empire Range.

Safe Haven contacts established

FORT CLAYTON (USARSO PAO) - The following are the principle points of contact for Safe Haven operations in Panama:

◆U.S. or Panamanian government organizations or officials wanting to visit Joint Task Force Safe Haven, contact the Joint Visitors Bureau at Fort Clayton 48 hours prior to the intended visit date. Call Arlene Sollas or Pat Flynn at 287-3708 or 287-5057.

◆Non-government organizations or NGO officials wanting to visit JTF-SH, contact the Civil Military Operations Center 48 hours prior to intended visit. Call Maj. Terry Halvorsen at 283-6557.

◆U.S., Panamanian and NGO officials, family members or friends wanting to visit Cuban nationals residing in the Safe Haven encampment at the Cuban Family Support

Center, Camp Rousseau, Panama, contact 1st Lt. Patrick McKenna 24 hours prior to intended visit at 283-6550 or 284-6014.

◆People wishing to address religious matters relative to Operation Safe Haven call 283-6201.

◆People or organizations wishing to address volunteer services or donations, contact Elba Guardia, interservice volunteer coordinator, at 283-4014/4016.

◆Media representatives must report to the Joint Information Bureau, Camp Rousseau. Point of contact is Lt. Col. Melanie Reeder at 283-6508 or 283-6510.

◆People or organizations wishing to address human resources matters, such as education, health education and recreation, contact the Community Relations Services office at 283-6537.

Traffic Command says POVs ready for pick up

BALBOA (MTMC) - The following customers have privately owned vehicles ready for pick up at the POV Processing Center, Building 1501, Balboa, adjacent to Pier 18:

Alexis M.; Anciaux L.N.; Barrett R.C.; Breedlove S.E.; Cady E.V.; Calloway R.C.; Caraballo R.T.; Clayton J.D.; Cooley S.E.; Danner B.L.; Dee G.E.; Estes R.E.; Eubanks R.D.; Flores S.; Fluet J.E.; Garuz T.E.; Gibbs E.T.; Giller D.; Hanson J.A.; Hill R.; Hill P.S.; Hiltabidle L.S.; Horn G.E.; Hughes K.D.; Jackson D.N.; Johnson R.A.; Johnson V.M.; Jones S.M.; Kemp T.H.; Kinsey L.J.; Krisman E.K.; Lewis L.J.; Lugardo M.A.; Marcelino W.V.; Matthews T.E.; Mejia-Rangel O.; Miller J.T.; Miranda P.; Moore J.D.; Murphy J.E.; Noles R.D.; Oconner M.L.; Popert D.A.; Pyles K.E.; Regalado R.; Rico P.; Rivera F.L.; Ruggles G.; Ruiz R.L.; Sanchez E.E.; Schaul D.E.; Schlagel M.L.; Shoemaker J.M.; Smith M.; Sola M.A.; Spears R.R.; Sprague T.R.; Tempin R.J.; Testa J.A.; Thomas S.L.; Thompson S.L.; Tiska C.T.; Tregaskis K.; Vereen T. A.; Vonhusen H.F.; Watson P.A.; Wheritt J.T.; Williams A.C.; Williams L.D.; Williams T.A.; Wrencher C.T.

Customers must have the following documents for pick up of their POVs:

- ◆ID card (current military, dependent or civilian)
- ◆Driver's license (must have Panamanian license for second POV)
- ◆POV shipping document (DD Form 788)
- ◆Vehicle registration or title
- ◆Vehicle keys
- ◆Power of Attorney and photo copies of the sponsor's bilingual ID card and driver's license (when the sponsor on orders cannot be present for pick up)

The list is current as of Wednesday. For updates, call customer service at 282-4642/3853 or the POV arrival tape recording at 282-4641. Customer service hours are Monday - Friday, 7:30 a.m. - 2:30 p.m. Wednesday hours are 9 a.m. - 2:30 p.m.

People expecting POVs are reminded to call customer service to leave a contact phone number.

Panama news summary

Editor's note: The following summary of news is taken from the Panamanian press. The translation and reports are unofficial and no guarantee is made by the *Tropic Times* as to the accuracy of reporting or statements made here. Selection of these stories does not imply any emphasis, judgment or endorsement by the U.S. government. These synopses are intended only to give non-Spanish speaking people a flavor for news events in Panama.

Sept. 16

El Panama America: Paper reports a group of Cuban migrants solicited the Panama government for political exile status. The migrants say the process to get a U.S. visa takes too long.

La Prensa: Paper cites the Christian Democrat Women's Group as saying a decision to send pregnant Cuban migrants back to Cuba is a violation of human rights and the United Nation's convention on refugees.

La Prensa, El Panama America: Paper reports San Miguelito, near Panama City, David, Pedregal and Las Lomas in the Chiriqui province have been declared emergency sanitation zones to promote control of dengue fever. Bocas del Toro may soon be declared an emergency zone because of a malaria outbreak in the province's northern part.

La Estrella: Paper prints a paid PCC ad requesting services to remove asbestos from barge No. 226. An ad by the Interoceanic Region authority announces an open bid for selling a plot of land in the turned-over area of Albrook AFS.

Sept. 18

Critica Libre: Paper reports a U.S. soldier died in a car crash near Fort Davis. Victor Maldonado, 24, lost control of his vehicle and hit a tree.

Sept. 19

La Prensa: Paper reports the Interoceanic Region Authority will begin socio-economic polls to sell 350 houses in Margarita and 108 houses in Curundu. Next year, areas reverting back to Panama are Curundu flats, Cristobal High School, and Forts Davis, Espinar and Amador.

El Siglo: Paper reports five Cuban rafters, rescued by an Ecuadorian flag ship Sept. 14 off the Yucatan Peninsula, are currently at the port of Cristobal. The rafters do not want to be relocated to the camps at Empire Range because they consider them concentration camps. The rafters are asking for asylum from any Latin American country. A group of eight rafters previously rescued by a Ukrainian ship are now at the Port of Balboa awaiting a resolution by the various international organizations.

Sept. 20

Critica Libre, El Panama America, La Prensa, El Siglo: Papers report that a group of Cubans took advantage of Panama Foreign Relations Minister Gabriel Lewis Galindo's visit to Camp No. 1 to protest lack of freedom at the camp and denounced U.S. authorities for having them subject to a regime similar to that of Cuba, although recognizing that treatment was good. Some Cubans threatened to jump the fence if U.S. authorities do not formalize their immigration status, since what they want is travel to the United States.

National coverage

Local sailors featured in Newsweek magazine

(RODMAN NS PAO) - Nine members from Special Boat Unit 26 and a SEAL from Naval Special Warfare Unit 8 conducted an insert/extraction maneuver for a freelance photographer here Sept. 15.

Leif Skoogfors, who has showcased his work in magazines such as *Newsweek* and *Time*, got down and dirty while shooting on a modified Boston Whaler, in the jungle and in the water.

Skoogfors has more than 30 years experience as a photographer, including time as a teacher of photography at an all-women's college. He laughs when he talks about the school and his students. "It was an overwhelming experience to work with women. I feel I could write the book or mood swings when it comes to women and that's probably one of the reasons I took me years to get married."

All kidding aside, Skoogfors is a camera guru. The photographer's technique surprised Petty Officer 2nd Class Dave Strachan of SBU 26.

"He had a great personality, was easy to work with and really got into his job," Strachan said. "He did whatever it took to get a good shot." That included falling down mud-ridden hills several times and getting up to his neck in the Panama Canal — all that for the right shot.

Skoogfors, who was in Panama searching for a "Navy cover story and once-in-a-lifetime photo opportunities," was impressed with the job the sailors do here.

"Those guys are top notch. Anybody who puts up with me for more than two hours has to be good," Skoogfors said.

As for putting up with Skoogfors, Chief Paul Kendrick said, "We didn't put



John Hall (U.S. Navy)

Photographer Leif Skoogfors ventured into the jungles of Panama to get shots of the Navy here for *Newsweek* magazine.

up with him, he had to put up with the heat, humidity and rain. That's something we do all the time. We just really enjoyed his war stories. I mean real war stories. It's people like him who make something we don't do regularly (sitting for photo shoots) easy."

When SBU asked Skoogfors to step into a group photo with them he was absolutely overwhelmed. "Thank you," he said, "really thanks, no one ever asks."

The thanks now go back to Skoogfors. In the Sept. 26 U.S. edition of *Newsweek*, SBU 26 and its "high speed" boat maneuvers are highlighted.

74 Dengue Fever cases confirmed in Panama

GORGAS ARMY COMMUNITY HOSPITAL (MEDDAC PAO) - Since the beginning of the rainy season, 74 cases of Dengue Fever involving Panamanian nationals have been confirmed, said Panama Ministry of Health officials.

"Dengue Fever returned to Panama in 1993 when 14 persons were infected by *Aedes aegypti*, the only mosquito that vectors this disease," said Maj. Nelson Powers, chief of Entomology, Preventive Medicine Service at Gorgas Army Community Hospital. During the dry season of 1994, no cases were reported.

Because Dengue fever is a virus, there is no immunization, he said. It is not transmitted from animals to man but only from man to man by the bite of the infected *Aedes aegypti* mosquito.

The symptoms are a sudden onset of flu-like symptoms with high fever, headache, severe pain in the joints and muscles, nausea and vomiting, and pain behind the eyes, Powers said.

To prevent this outbreak from becoming serious, community action must be taken now to eliminate the mosquito vector, he said. Though insecticide treatment is helpful, the most effective means is by elimination of the breeding sites.

Since this mosquito breeds only in artificial containers, everyone should keep their living and unit areas free of items that hold water. Some such items are discarded containers, buckets, tires, uncovered boats, flower vases, clogged roof gutters, undrained flower dishes, hollow pipe fence posts, tree holes, coconut shells or fallen palm fronds.

Because the mosquito is active and bites during the day, it will come indoors if given a chance, Powers said. It can also be carried to new locations by hitchhiking inside vehicles. Doorways and windows should be screened and car windows rolled up to help prevent these mosquitoes from getting in.

Preventive Medicine is continuing to monitor housing areas on military installations and Powers encourages residents to also monitor their area for active mosquito breeding sites. Preventive Medicine notifies residents when such sites are found, so they may check their areas for additional breeding sites and eliminate them.

Directorate of Engineering and Housing Pest Control is also notified so the immediate area can be treated with pesticides.

Preventive Medicine needs everyone's cooperation to eliminate active or potential breeding sites.

For more information, call 285-5269.

Funeral leave for co-workers

WASHINGTON D.C. (AFIS) - Office of Personnel Management Director Jim King reminded agency heads of their authority to grant excused absences for employees to attend the funeral of a co-worker killed in the line of duty. Employees may also be reimbursed for travel expenses.

The recent death of a Drug Enforcement Administration agent on an undercover operation prompted King's action.

Agency heads have broad authority to grant excused absence—without charge to pay or leave—for various reasons. Under certain circumstances, one or more em-

ployees may attend the funeral of a fellow federal employee killed on duty. An employee so designated may also be reimbursed for travel expenses from agency funds.

"The death of an employee killed in the line of duty is especially tragic," King said. "I wanted to make sure agencies and employees confronting such a loss are aware of this policy."

The policy clarification applies only when a co-worker is killed on duty, said officials. However, supervisors have authority to grant administrative leave—excused absence—for various purposes, including attending the funeral of a co-worker.



(U.S. Air Force)

Check-in time

Lt. Gen. Thomas Griffith, 12th Air Force commander, talks with a Cuban child during his visit to the Operation Safe Haven processing center set up at Howard.

Department of Defense chooses people over equipment

WASHINGTON D.C. (AFIS) - The Department of Defense will look at reducing, canceling or stretching out several major weapon systems, Deputy Defense Secretary John Deutch told reporters Aug. 23.

"Bill Perry and I believe that we must identify additional dollars over the five-year defense planning period to support readiness, military pay increases and quality of life improvements for our troops," Deutch said.

DoD has asked for \$20 billion over the next five years to fund military pay raises and other readiness issues. But, DoD does not believe the money will be available.

"Unless we get more money from Congress, which we doubt will happen, we still have to reduce some of our outyear modernization programs," Deutch said. "In sum,

this message is, money is tight, and we're choosing people over systems. For example, if we must delay chemical lasers in space in favor of housing for enlisted people, then Bill Perry and I will do so."

Among the programs Deutch is asking the services to look into are the Air Force's F-22 fighter, the Marine Corps' V-22 tilt-rotor aircraft and the Army's Comanche helicopter. The Navy may have to build fewer ships and submarines or delay them.

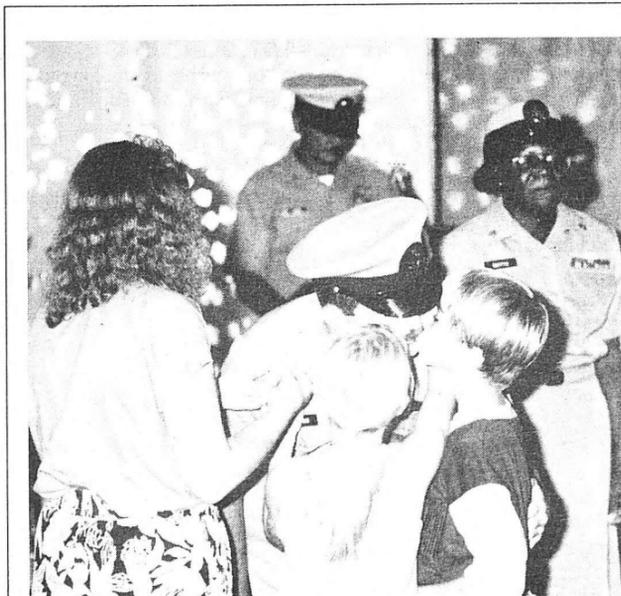
Deutch stressed while the list of weapon systems under consideration for cancellation, delay or reduction is "awesome," nothing has been decided yet.

"There will be an extensive period of process for consultation with the services, with the Joint Chiefs," Deutch

said. He said this has been an interactive process with the civilian leadership, the administration and the chiefs from the beginning. Perry has visited all of the regional commanders in chief.

"In each one of these places he has been speaking with the officers and enlisted men and women about what is important from the war fighters' point of view to maintaining readiness and strength of our forces," he said. Deutch also stressed this does not mean any change in the force structure under the Bottom-up Review.

He said issues like military pay, quality of life and adequate maintenance will make the difference in effective forces, and "that's why the investment is being made now at the expense of postponing needed modernization."



Petty Officer 2nd Class Delano Mays (U.S. Navy)

Chiefly initiation

Chief Douglas Storms, U.S. Southern Command J-6, receives a congratulatory kiss from his children after the chief's initiation ceremony at Farfan Teen Center Sept. 16. The Navy conducts the ceremony worldwide every September.

Just a reminder...

Uniforms not for wearing off post

(USARSO PAO) - Military personnel are reminded that they are not allowed to wear their uniform off post while conducting personal business or when using commercial bus transportation outside of the canal zone area, said Melissa Flynn, Military Police Brigade Host Nation Liaison Officer.

"This means that U.S. personnel can only wear their military uniform to go directly to and from their residence, or to another installation without making a stop," she said.

Personal business includes stopping for gas, paying bills or picking up groceries.

Only under special circumstances will personnel be allowed to wear their uniform. These circumstances are covered under U.S. Southern Com-

mand Regulation 670-5, Flynn said.

Some of the places where a military uniform can be worn are: defense sites; military areas of coordination and special facilities; Panama Canal Commission areas; on board U.S. military aircraft and vehicles; visiting U.S. government offices or foreign government offices/embassies to conduct official business (class B uniform is required); visiting eating establishments located within the canal area 11 a.m.-2 p.m. Monday-Friday; performing official duties as a military driver; while attending official functions in the Republic of Panama; or exonerating publicly-owned vehicles or performing essential business associated with getting driver's license, POVs, inspection or registration in Diablo.

For information, call Flynn at 287-3376.

Friend of abused spouse seeks help

Mayors' Corner

Dear Mayors' Corner,

I have a girlfriend who is being beaten by her husband. When she asked me what to do and where to go for help, I didn't know what to tell her. I'm sure there are many more women in this situation. Can you help them?

Scared for Her

Dear Scared,

I sent your letter to a number of agencies in our community for a response. Because there was some question about the branch of service your friend's spouse is in, I sent your letter to Army and Air Force agencies. The following is a list of telephone numbers: Military Police desk - 287-4401/4402 24-hours; Military Police Investigations - 287-5252/3808 during duty hours and 287-4401/4402 during non-duty hours; Criminal Investigators Division - 285-4341/5051 during duty hours and 287-4401/4402 during non-duty hours; Social Work Services - 282-5139 during duty hours and 282-5222 during non-duty hours; Chaplain - 287-5859 during duty hours and 282-5222 during non-duty hours; Family Advocacy - 287-6643 during duty hours; and Inspector General - 287-6314 during duty hours.

If contacted, any of these agencies will ensure the caller receives the help needed.

Melody Jones, the Family Advocacy Outreach manager for the Air Force responded: Anyone in the military community who suspects spouse abuse is occurring is directed by Air Force Regulation 160-38 to report their suspicions. The point of contact for reporting Air Force spouse abuse is the FAP at 284-6410/6457 7:15 a.m.-4:15 p.m. Monday-Friday. If the episode is dangerous, law enforcement officials should be called. The Law Enforcement desk at Howard AFB is 284-3062, Albrook AFS is

286-4360 and Gorgas emergency room is 282-5222.

When calling the emergency room, the caller should state that they need to report a spouse abuse case and ask for the on-call social worker.

Capt. Anthony Cox, chairman for the Army Family Advocacy Case Management Team, responded: The reporting point of contact for the Pacific community is Social Work Services at the numbers listed above. In the Atlantic community, the Social Work Services telephone numbers are 289-4763 during duty hours and 289-6686/6655 during non-duty hours.

Anyone can make a report and all reports are evaluated. The identities of those reporting abuse or neglect are held in confidence as much as possible under current laws and regulations. We do accept anonymous calls, but often these are very difficult to investigate without the ability to contact the reporter for more information or clarification.

Anyone can self-refer. We especially encourage those who have problems with abuse and neglect to refer themselves. Commanders tend to be much more supportive of those who come forward on their own and seek help.

Each military branch has services available to help victims and abusers. The Army provides case management through Social Work Services and the Family Advocacy Case Management Team. This includes frequent contact with a soldier's commander to ensure protection for the victim and to encourage the abuser to get counseling.

The Army provides individual and marital counseling through either unit chaplains, Chaplain Family Life Center, Community Mental Health Services or Social Work Services. The Army also conducts domestic violence seminars, three-day group meetings for couples who have experienced violence in their relationships. We talk about the factors of violence, communication, conflict containment and problem solving skills.

Alcohol and drug evaluation and treatment is provided through the Army Alcohol and Drug Abuse Prevention

Control Program.

Voluntary foster care placement is also provided to Army families through the ACS. Temporary relocation for spouses and children who need safe shelter from an abuser is available as well.

Help is also available for civilians through a referral to local Panamanian professionals for those who choose to get help outside the Army system.

Reporting violence in the home should be reported immediately upon suspicion or knowledge. Research and clinical experience support the fact that violence left unreported rarely goes away and either continues or escalates in frequency and severity. Like friends that don't let friends drive drunk, true friends have to help those who are depressed, trapped and at risk for physical injury by reporting the abuse. This may lose a friend, but save a life.

It isn't important where someone reports abuse to, but that it is reported. The professional community in Panama all know each other and work closely together. We will ensure that the right agency gets the report, no matter who receives it.

If someone has questions about reporting, but is feeling unsure, they can call us anonymously and we will discuss the situation with them and help them come to a decision about whether to report or not. We do not trace telephone calls or try to determine who the caller is.

I hope that out of all this information, you can find the agency you feel comfortable with. If you contact an agency and feel that you are not getting the help that you need, try a different agency until you connect with someone you feel at ease with.

Editor's note: To submit questions to the Mayoral Congress, send letters to: Mayors' Corner, publicity chairperson, APO AA 34004 (MPS). Anonymity will be granted upon request. The Tropic Times reserves the right edit letters and responses for brevity.

Muggers stab soldier

Crime Scene

Bad time downtown

While walking on Central Avenue in Colon last week, a soldier was approached by two men. One of the thieves grabbed his backpack as the other stabbed him. The victim was treated for wounds to the chest, left arm, and left collar area.

When around town, use the buddy system and exercise caution.

Club night turns ugly

A servicemember was struck several times with a stick by an unknown assailant, while another individual cut him on the face with a sharp object at El Rancho Bar in Panama City.

Remain alert and aware of your surroundings. Always use the buddy system and exercise caution when downtown.

Bike thefts on rise

During the past week, there have been numerous bicycles stolen from military installations. Though the bikes were secured, many were not registered.

Everyone should secure their bikes indoors and register them at their nearest vehicle registration office. Registering your bike will assist the military police in recovering your bike if it is stolen.

Bicycle theft

Two bicycles were stolen recently at Fort Amador. The thieves cut through a patio area screen to get to the bikes.

Misuse of emergency line

Recently, the Military Police desk has received numerous phone calls on the emergency line (110). The emergency line is for life threatening situations only.

The military police remind you that unless it is a true emergency, please dial 287-4401/4402 or 289-5133/5306 to reach the Military Police desk.

Panama Jack Anonymous Hotline
Anyone with information concerning

drug smuggling should contact the Panama Jack Anonymous Hotline at 285-4185.

Helpful advice

During your spouse's deployment to Suriname, the military police recommend that you implement certain security measures in your home to ensure the safety and protection of yourself and family.

Whether you stay at home or not, you can sign up for the house watch program. This program involves visits by the military police to check on the safety of your quarters.

During day time hours, keep your doors and windows locked. If you go out in the day, stay alert of the surrounding area. Let a friend know if you will be out of the house. At night, always keep your doors and windows locked. In addition, you should keep your home's outside lights on.

Keep in touch with your family support group and your spouse's rear detachment command. Finally, place emergency numbers close by.

Housing area crimes

The following crime statistics are for on post housing areas during the week of Aug. 27-Sept. 2.

Pacific

Fort Clayton
600 area - 1 larceny of secured private property

1100 area - 1 larceny of secured private property

Fort Amador
400 area - 2 larcenies of unsecured private property

Curundu
1900 area - 1 larceny of secured private property

Off post

Bethania - 1 larceny of secured private property

Panama City - 3 larcenies of secured private property

Atlantic

Fort Sherman - 1 larceny of unsecured private property

Fort Davis - 1 larceny secured private property

Letter

Dear Editor,

Would you please print this poem. I would like to share it with other military wives. It was given to me by my husband in 1991 when we were stationed at Fort Monmouth, N.J. The poem was like a job description, because he was gone the majority of the time we were there.

Joyce T. Davis

"A Military Wife"

A military wife, it seems at times
Carries the worries of the world on her shoulders. After all, she does wonder sometimes

Where the Pentagon might next send its soldiers.

For it is a reality she must face
That one day her man may get orders to fulfill the greatest commitment of his oath to his country.

The thought gives her shivers.
For then, she'll be called upon to wear
The apron, the pants, and a lot of other hats,
While she prays that it won't be permanent.

She prays that it won't last.
She hates it when some loudmouth,
Some no one, insistently says
Her husband stays in service
Only for retirement day.

For retirement pay is not enough compensation for her stress,
This sacrifice she's chosen
To give her very best.

If her husband's ever been
Sent off somewhere to fight,
She's laid awake and worried
More than just one night.

She's prayed that he won't get hurt
While battle scenes race through her mind.
Maybe her children were too young to know why their daddy's left them behind.

A military wife is a special lady
With needs and hopes and feelings.
Her dreams are more realistic than most,
Although to escape, she may daydream for healing.

She's also probably polished brass,
Spit-shined a boot or two,
Pinned on a promotion bar or leaf,
Or stitched on the stripes he's promoted to.

She's given coffees, or been to affairs
To help her man's career.
And tries to be there, give encouragement,
too.

To hubby or children, to calm their fears.
There's been tearful moments, saying good-bye to moms or dads that she'll miss.
But she's made some good friends throughout the years

Who are all on her long Christmas card list.
A military wife has lived in seven
Different places in ten years.

She's seen more than a few different doctors, she's lived a life of shifting gears.
She may have spoken some phrases of Spanish, German, too.

When her man's career took them to Europe, Panama, or somewhere new.
So while she gets lonesome for her hometown

Some wives collect spoons or plates!
Or at least lots of postcards and pictures
From all these countries and states.

A military wife has watched her family grow.
Most have hoped that their man's next move

Will also fulfill their desire for a church,
Nice neighborhood, good friends, and schools

With understanding teachers
To help to sow some learning seeds.
One free of drugs and booze.

A place to fulfill their enrichment needs.
She tries to keep the family together
While he's on guard or C9,

When he's TDY, or has PCSed,
And they've been unable to go along too.
He has long field problems and midnight alerts,

Special training classes to do.
So with only a moment's notice
She must rearrange things she had planned to do.

She's probably eaten in a mess hall
On a special holiday or two.

The PX and Commissary are places she shops,
Family housing's been "home" to more than a few.

Maybe she's been an ACS volunteer or helped Girl Scouts learn what life really is.
She's given up jobs, or maybe a career,
To move again, to follow his.

But she'd rather be part of great hardships and fun

Than to later draw part of the retirement pay.

'Cause she wants her guy, her proud soldier and she to stay together eternally.

Taking control

'My way or the highway' is popular leadership style

by **Capt. Edward J. Daes**
Tropic Times Contributor

Hard anything like this lately? "Sgt. Hustle, this unit status report is wrong — again," says 2nd Lt. Tuff.

"But sir — we've always done it this way."

"I don't care how you used to do it. We're going to do it the right way — my way! I'm putting you on notice, Sgt. Hustle. Either shape up or ship out," Tuff says.

If this doesn't sound familiar, it should. More than 55 percent of defense and corporate leaders today use a leadership style similar to this. This leadership style, called in some circles control-taking, has dominated almost all other leadership styles in the American workplace. Yet, it is precisely this

leadership style that will need to ship out as resources become more scarce, the military becomes leaner, and the work force changes in the budget-cutting 1990s.

According to research conducted by the Department of Defense, heavy reliance on this control-taking style to handle problems in the work place and motivate personnel has led to the "zero defect" mentality and cost numerous organizations wasted time, money and productivity.

Like it or not, we as leaders create the working environment for our organizations. In order to create a positive working environment (e.g. to make a better mouse trap) an organization must have the proper mix: focusing on mission accomplishment, taking care of people and manifesting a spirit of creative innovation and change.

Experts agree that the zero defect mentality kills the spirit of innovation and creativity, and does not allow for change, causing people to maintain the status quo in order to protect their jobs.

This kind of atmosphere does not allow personnel to accept, implement, and use change — which is the growth factor in any organization.

Excessive use of one's leadership style, what ever that may be, is also found to be counterproductive. In the diverse work place of the 1990s, leaders will need to develop a more balanced approach, by combining different leadership styles to adapt to varying situations in the work place.

According to experts, there is no one best style of leadership. Leaders should learn what makes their people tick, what their organization needs and apply the appropriate style to each situation.

However, it is important to note here that one's own behavioral preferences and leadership style may not always be suited for your particular unit or organization. In the coming decade we will see a much more diverse work force in terms of minority representation, to include new immigrants bringing with them other styles and expectations.

The control-taking style of leadership was suited more to the factory age. In the coming decade (the information age), the role of the leader or manager will come to be seen as a teacher-facilitator, whose job it will be to assist others to become effective team members. Often leaders do not realize that their weaknesses are often their strengths taken to excess.

There are numerous management courses that help leaders develop these kinds of skills. Unfortunately, many leaders do not put them into practice.

Job hunt: objectives and networking

by **Edward Lesesne**
and **Toni A. Williams-Sanchez**
Army Career and Alumni Program

Getting a job is a job. I bet you never thought of it in quite those terms before; however, it is true. In today's job market you have to be thoroughly prepared and understand the job search process if you expect to get a good job.

As a result of downsizing, the Army Career and Alumni Program was developed. It has been so popular and successful that it is now a permanent part of the Army structure.

We teach the job search process to all soldiers, Department of the Army civilians and their family members and DA Panamanian civilians.

This is the second article in our series on "The Job Search Plan," which will cover setting objectives and networking. The first article covered resumes.

Setting an objective (the kind of job you want) is the first step in the formulation of a job search plan.

Ask yourself, "What do I want to do in my next career?" Most of us will choose a career field that we have experience or education in or a combination of both. You do not have to limit yourself by that criteria, however.

You may want to start your own business or branch off into an entirely new career. This is especially true with retirees who are looking for new challenges. In making this decision, don't discount your volunteer work or your hobbies.

Do you need additional skills, training, education or more experience to pursue this new career? If the answer is yes, you may want to seriously consider reenlisting.

Where do you want to work and why? Is there a job for you? What are your needs and the needs of your family, such as income, spouse's career and schools?

In considering all of the above you must set a realistic objective. To accomplish that, answer the following questions: What do you want to do? Where do you want to do it? What are your skills, training and education? What are the required qualifications? What are your needs and your families' needs? Is your job in the market? The answers to all these questions can help you produce a well-researched, realistic and well thought out career objective.

Once you have an objective, consider networking—a legitimate, essential job search tool. By talking to the people in your network you can start having someone listen to "live rehearsals" for the interviews you hope to have in the future.

By talking out your plans with others you can learn more about yourself, your goals and your interests.

To build a network ask yourself, "Who do I know?" Networking requires several phases.

You should document who you know, what you hope to gain from contacting them, what you still need to know and who can you add to your network to get this information.

In documenting who you know, you should review and select appropriate names for your Christmas card list. Who were your former bosses, associates and subordinates? Also, list the clubs and civic organizations you belong to. These sources will serve as the starting point for your network inventory.

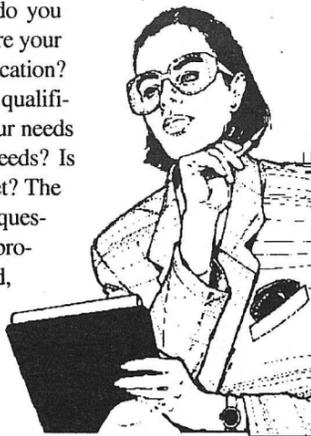
Next, document what each person might help you do. Which family members or friends can tell you about a place you are thinking of relocating to? Will a former boss write a letter of recommendation? Which associate, friend, family member, colleague or subordinate might mention a hidden job?

More than 65 percent of the vacant positions are never publicly advertised. Only about 10 percent of available jobs are advertised in newspapers.

Usually management tries to promote from within and for that reason they do not publicize all positions. Let everyone know you are actively seeking employment.

The bottom line is talk about your new job objectives with as many people as you can.

If you are a Department of Defense civilian employee who wishes to transition, or if you are within two years of retirement or are planning on leaving active duty, call 287-5844 for an ACAP appointment.



Tropic Times

Bldg. 405, Corozal, Phone 285-4666

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.

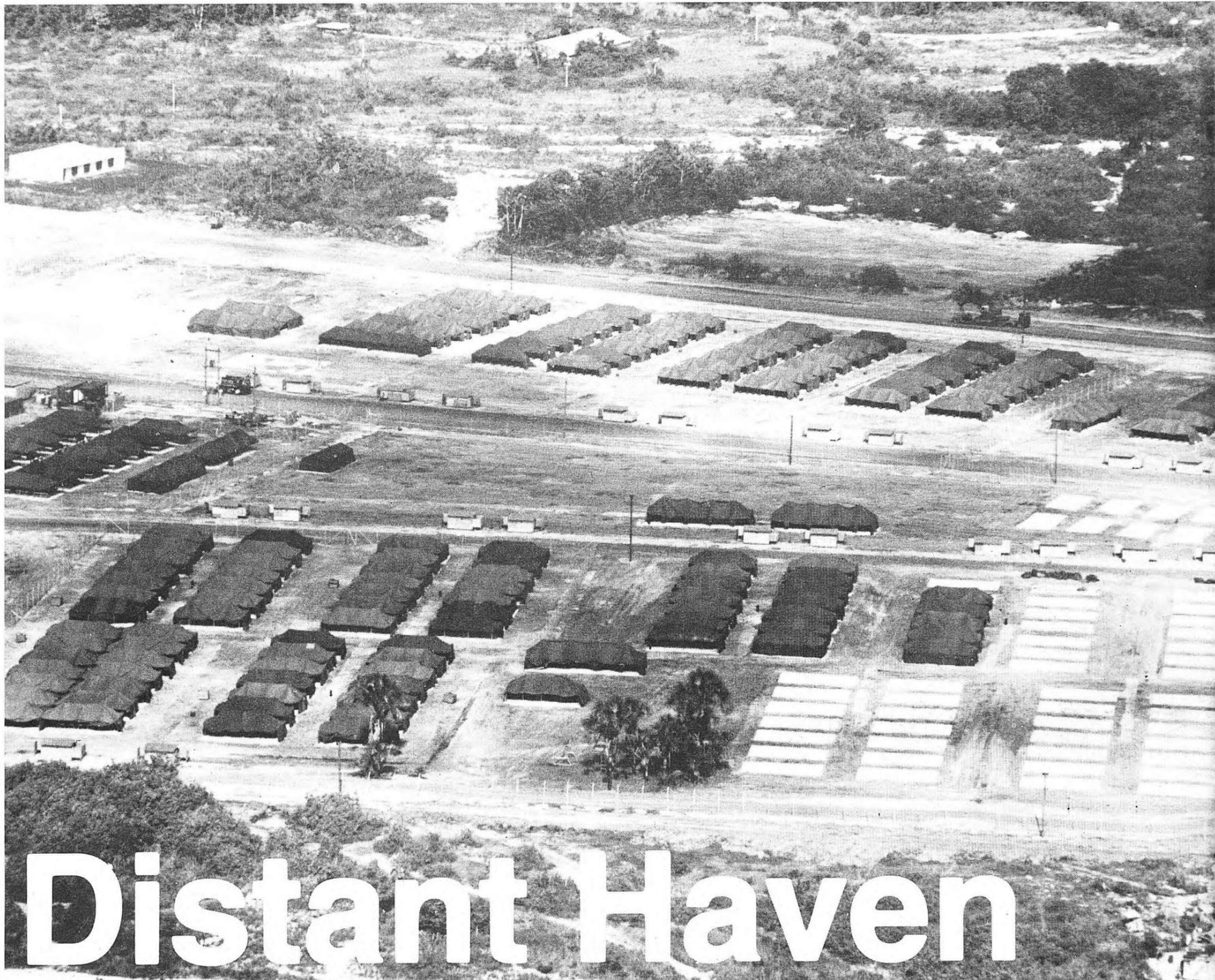
The address is: Unit 0936 APO AA 34002

Commander in Chief.....Gen. Barry R. McCaffrey
Director, Public Affairs.....Col. James L. Fetig
Chief.....Senior Master Sgt. Steve Taylor
Editor.....Maureen Sampson
Sports Editor.....Sgt. Lori Davis

Staff Editors.....Sgt. Cass Purdum
Spc. Tom Findtner
Rosemary Chong
Volunteers.....Martha K. Taylor
Keisha Deering
Southern Command Public Affairs Office.....282-4278
Command Information Officer.....Patrick Milton
U.S. Army South PAO-Atlantic.....289-4312
NCOIC.....Sgt. Richard Emert
U.S. Army South Public Affairs Office.....287-3007
Public Affairs Officer.....Lt. Col. Melanie Reeder
Command Information Officer.....Beth Taylor

Managing Editor.....Staff Sgt. Jane Usero
Editor.....Sgt. Robin Mantikoski
Journalist.....Sgt. Eric Hortin
24th Wing Public Affairs Office.....284-5459
Public Affairs Officer.....Capt. Warren L. Sypher
Public Affairs Superintendent.....Master Sgt. Dale Mitcham
Journalists.....Staff Sgt. Rian Clawson
Sgt. James A. Rush
U.S. Naval Station Public Affairs Office.....283-5644
Public Affairs Officer.....Diane Gonzalez
Assistant Public Affairs Officer.....John Hall
Photographers.....Petty Officer 2nd Class Roberto R. Taylor
Petty Officer 2nd Class Delano Mays

The opinions expressed on this page are those of the commentary writers and writers of letters to the editor. They do not reflect the views of U.S. Southern Command, the Department of Defense or the U.S. government. Readers may submit commentaries — or responses to commentaries — to the *Tropic Times*. The staff reserves the right to edit for brevity, clarity and appropriateness. All submissions must be signed, but names will be withheld upon request.



Distant Haven

Camp in Suriname stands ready to rec

SURINAME (JTF-Distant Haven PAO) - The concrete is poured and the tents are up. Everything has been carefully prepared and the troops are ready. Over the last three weeks, long hours of work and planning have resulted in a community camp that is ready for Operation Distant Haven.

The mission of Operation Distant Haven is to provide a safe location for Haitian migrants and to relieve the overcrowding at Guantanamo Bay, Cuba, where more than 40,000 migrants now live.

The operation is a joint effort between Southern Command, the U.S. Department of State, the United Nations High Commission on Refugees and the government of Suriname.

Joint Task Force - Suriname is made up of more than 500 U.S. military members with support by Surinamese contractors.

Their combined efforts have resulted in the construction of a 28-acre facility in what was once a sparse grassland, JTF-Suriname officials said.

"Approximately 1,500 cubic meters of concrete were used to construct 300 tent and utility pads," said Maj. John Gunther, JTF staff engineer. "There are 189 general purpose medium tents, 10 general purpose large tents, 2,500 cots and more than 2,000 meters of chain link fence.

"Though the camp is designed to house 2,500 migrants, by design, it could be expanded to accommodate up to 5,000," he said.

Haitians arriving to the community camp will be in-processed at the reception center where they will be met by linguists and other JTF staff, said Staff Sgt. Jody Laffron, 24th Security Police Squadron from Howard AFB. Using a computerized deployable mass population identification and tracking system, it will take three minutes to in-process each migrant.

The in-processing also includes a digital photograph, fingerprints and personal data in the computer database, Laffron said.

"We can put someone through the ID process in less than a minute," Laffron said. "In a practice run, it took 45 minutes to run 20 people through the total process."

Though the initial in-processing takes only minutes, getting people settled in will be a 48-hour process, said

Maj. Royce Wittie, deputy camp commander. This 48-hour period will be used to give the migrants an understanding of their new environment.

In the camp, the infrastructure will be set up so that each tent will have a tent leader, each block of 14 tents will have a block leader and a mayor will be elected to help make policy and be the senior representative for the community camp, Wittie said.

Within the camp, workers have set up soccer fields, basketball courts, volleyball courts and a playground for the children. In addition to these common areas and three separate living areas, a dining and utility area has been set up.

To provide medical care, there is an aid station set up inside the camp for routine medical care and a second facility located outside the camp that will be able to provide more in-depth medical care. Also, arrangements with local officials have been made to treat more serious medical problems at local hospitals.

As part of the medical staff, the 485th Medical Detachment lends their expertise in the preventive medicine area. Their mission is to support and consult military members as well as the migrant population in areas such as disease and accident reduction and elimination, said 1st Lt. Michael Pyle, 485th executive officer.

"Some of our main tasks include cutting down the mosquito and rodent population, consulting with the commander on contracting food service and sanitation, working with veterinarians to approve ice, meat and poultry and daily testing of water to assure potability," he said.

The medical facilities and preventive medicine are only two of many services U.S. military members are able to offer as part of the operation. A kitchen able to feed up to 4,000 people per meal is also up and running with nine military cooks and 25 kitchen helpers.

"I've taken everything I've learned in the last 28 years and put it into this kitchen," said Chief Warrant Officer Four Clayton Parker, food service officer. "We took all those things that normally confine a cook and got rid of them. We got rid of the bulky equipment and set up a kitchen that can cook twice as much food in less time. It's a totally efficient kitchen."

One of the things Parker designed for this kitchen is a

propane burner that requires less maintenance and clean-up time than conventional systems, and costs considerably less.

With the many support factors involved in the operation, the nucleus for the JTF is the 193rd Infantry Brigade (Light). The soldiers of the unit not only fill staff positions, but also provide rear detachment operations and family support, said Master Sgt. Julio Sevilla, liaison noncommissioned officer.

"The bulk of the mission for the rear detachment is to act as a liaison to coordinate actions between support elements in Panama and whatever requirements the JTF-Suriname has," he said.

This support has enabled the soldiers at Camp Ayoko to transform the edge of a jungle into a greater living environment where things like volleyball tournaments, movies, showers and hot meals are now available, Sevilla said.

In addition to two theaters, final touches are being put on a post office and plans have been made to bring in a big-screen television and ping pong tables, said First Sgt. William Baxley, 193rd Inf. Bde. (Light).

Though the camp is in its final stages, it was Company B, 92nd Engineers, who hit the ground running at the very beginning, said 1st Lt. Tom Bowman, Co. B, 92nd Eng. executive officer.

"When we arrived, the first thing we did was build and repair the electricity and water lines in the base camp," he said. "Our priorities quickly shifted to the migrant camp, then to the reception center and the Joint Information Bureau.

"We are currently working to improve the base camp as the other areas are basically complete," Bowman said.

It was originally planned that the bulk of the work was to be done by local contractors, but the engineers picked up a large amount of the extra work that developed, he said.

As all this work was, and is, being done, the security of property, equipment and people falls to the 534th Military Police Company.

In addition to security, the military police will also support the Haitians once they arrive by providing information and help which will ease their transition from Cuba to Suriname, said Sgt. 1st Class Luis Martell-

Reserve hospital provides medical care to remote Suriname villages

by Staff Sgt. Bill Costlow
JTF-Distant Haven Public Affairs

POWAKKA, Suriname — The coarse, powdery soil of the village is surrounded by a dense forest-like oasis in the desert. No electrical wires line the road, the streets are unpaved and there are no water fixtures to be seen.

Welcome to Powakka, a Surinamese village of perhaps 200 people.

A visit to this remote village is planned by the 5501st Field Hospital of the U.S. Army Reserves. To the reservists, their annual training is more like a seven-city, whirlwind tour of the nation.

People in each of the seven targeted villages and the surrounding areas will have their first opportunity for medical care in about 10 years.

Suriname is the third overseas training deployment for the soldiers of the 5501st. They have also served in Guatemala and Honduras.

"Our mission here is to provide limited medical and dental care to people in this areas," said Lt. Col. Joe Travino, chief of medicine. "We expect to

treat 6-8,000 people while we are here.

One of the missions the soldiers will accomplish here is caring for children, he said. By treating for parasites, giving shots and vitamins, these children go through a growth spurt because they are getting the nutrition they need.

Two long lines of people, mostly families, gathered near the village church in the early morning hours.

"This is where we do our processing," said Capt. Joe Miller, project officer. "One line for dental, the other for medical care.

"We also give them a class on preventive medicine and sanitation...that may be the most important thing we do here," he said.

After the preventive medicine class, patients are screened by medics, and those with severe problems are seen first, Miller said.

Coordinating elements for U.S. Army Reserve training in the Southern Command area are the 41st Area Support Group, U.S. Army South, the host nation, the American Embassy and the reserve unit.



Top, supplies and equipment arrive in Suriname. Above, Maj. Frank Takacs confers with Chief Warrant 2 Roger Hunter over the supplies. At left, an aerial view of the 28-acre main camp.

ive Haitians

Castro, MP operations sergeant.

"We are continuously preparing our personnel to assist," he said. "Our soldiers have been given many classes and briefings on Haitian culture and customs."

"We are also the police force for the migrants while they are here," Martell-Castro said. "We are here to help them, not hinder them, so, no matter what the cost, we will keep them safe from harm."

In addition to their actual mission, the MPs have also lent their muscle and teamwork to the effort of putting the camp together by helping with tents and improving base camp conditions.

Also lending to the over-all mission of Operation Distant Haven is the 588th Movement Control Team from Fort Hood, Texas, that provides any transportation needed. Transportation requirements are coordinated, arranged and supervised by the unit whether it be by civilian or military vehicles, aircraft or sea vessels.

Along with those whose missions are to build, secure and provide transportation throughout the operation, there are numerous specialists working in such areas as linguistics, civil affairs, signal and communications, humanitarian services and public affairs.

Service members from all branches of the service from such units as the 361st Civil Affairs Brigade of Pensacola, Fla.; Company B, 61st Medical Services Battalion of Fort Hood; the Humanitarian Information Service Team of Fort Bragg, N.C.; and the 73rd Medical Detachment of Fort Lewis, Wash., have joined forces with units from throughout Panama to accomplish the missions of Operation Distant Haven.

"Joint Task Force - Suriname and the migrant camp are currently prepared to receive Haitians," said Col. Louis Huddleston, JTF-Suriname commander. "However, receipt of Haitians has been placed on hold pending the outcome of Operation Uphold Democracy by U.S. forces in the Republic of Haiti.

"No matter what the outcome, JTF-Suriname and its troops remain focused and are prepared to offer the national command authority an option as part of settling the plight of Haitian migrants," he said.

"As the Joint Task Force - Suriname commander, I appreciate all the first-rate support provided to the troops of the task force," Huddleston said.



(JTF-Distant Haven photos)

A growing "city" (clockwise from top): Nearly 200 tents have been set up to house 2,500 migrants and the 500 supporting troops, who now have improved communications (manned by Sgt. Richard Sanchez), a welcome sign (being painted by Staff Sgt. Gregory M. Fields, 24th Supply Squadron, Howard AFB) and hot food, as Pvt 1st Class William Coonradt is about to find out. It took U.S. troops, with help from Surinamese contractors, just three weeks to become operational.



Promotions

To Private 2 - Jason S. Cummings and Rubin Ferguson III, both of 549th Military Police Company.

To Private First Class - David J. Bice of 549th Military Police Company.

To Specialist - Brad A. Bauman, Michael E. Brooks, Michael E. Lavoie III, Keith V. Martins, Eric C. Paige, Scott I. Carter, Robert C. Neves, Lonnie J. Norris, Martin A. Doyel, Mark D. Desantis and Frank J. Pflieger all of 549th Military Police Company.

Special achievement

Air Force Master Sgt. Charles E. Watts Jr. was named U.S. Southern Command Noncommissioned Leader of the Quarter Aug. 8.

Spc. Calvin B. Merrit was named U.S. Southern Command Servicemember of the Quarter Aug. 8.

Sgt. Terry Florence was named U.S. Army Dental and Medical Activity Noncommissioned Officer of the month.

Graduations

HOWARD AFB (24th Wing PAO) - A team of professional military education instructors compiled from throughout the Air Combat Command recently came here to teach airman leadership to a group of three sergeants and 33 senior airmen.

The top graduate from the Airman Leadership School-Class 94A, was the 24th Security Police Squadron's Senior Airman Richard R. Guill Jr., winner of the John L. Levitow Award. The class graduated Aug. 26 during a formal ceremony held at the Albrook Club. Brig. Gen. Richard E. (Tex) Brown, 24th Wing commander, was the guest speaker

Other award winners (all senior airmen) included distinguished graduates John L. Donelson, of the 310th Air-lift Squadron; Marco A. Mendez, 24th Supply Squadron; Dawn R. Graves, 24th Communications Squadron; and Travis L. Messick, 24th Civil Engineer Squadron. The Military Citizenship Award went to the 24th Transportation Squadron's John Mannino.

The other graduates* of ALS Class 94A include:

640th Air Mobility Support Squadron — Sgt. Isaiah Matthews III, Chris J. Oakley, Sgt. Charles G. Robinson, John A. Tharps and Sgt. Timothy A. Whiting

24 Security Police Squadron — John L. Hefner, Burt S. Page, Jeffrey L. Pastva, and Luis E. Yanez,

24th Maintenance Squadron — Royderrick Boson, Gary T. Jacobson and William S. Pearce,

24th Communications Squadron — Dawn R. Graves, Willard Grayson III and Edmond R. Russell

24th Civil Engineer Squadron — Wendell S. Alford and Shannon E. Holte

24th Medical Squadron — Joseph R. Dell and Brandon E. Mason

Thirty years of service

Arnold A. Belgrave of Rodman NS Public Works Department will retire Sept. 30 after 30 years of service with the U.S. government. Belgrave, who spent the last 27 years working with the U.S. Navy, said he plans to work with children after retirement.



John Hall (US. Navy)



courtesy photo

Educated mechanics

RODMAN NS (Rodman NS PAO) - Thomas Vasquez, Rodolfo Cortez, Carlos Avila, Franklin Ayres, and George Hargraves, from the Navy's Public Works Transportation Department, hold their diplomas from an automobile electronics and electronic fuel injection course. The men completed the two-phase course Aug. 19.

Instructor Ricardo Marquez said "The attitude and eagerness to learn by the maintenance mechanics made it the best class and a real challenge for me as an instructor to date. I'm impressed."

Public Works Department Supervisor Raymond Prio said "I am proud of our personnel and our commitment to continuous improvement of customer service. Thank you transportation team."

Joseph Anderson also completed the course but was not available for the photo.

24th Supply Squadron — John D. Heath, Jr. and James K. Jennings

24th Services Squadron — Carmenlita A. Hernandez

24th Air Intelligence Squadron — Beau M. Houser

24th Air Postal Squadron — Charles A. Johnson

33rd Intelligence Squadron — Elizabeth A. Levan

U. S. Southern Command — Richard R. Murray

24th Weather Squadron — Tricia A. Oleksa

24th Comptroller Squadron — Kerrie L. Romero

24th Transportation Squadron — Paul R. Smith

24th Operation Support Squadron — Jeannie M. Wright

(* Unless otherwise noted, all graduates are senior airmen.)

Intensified Language School

Sgt. 1st Class Irving Teeple, Staff Sgt. Karen Cook, Sgt. Richard Baisley, Sgt. Lancelot Ottley, Sgt. Vincent Sutton and Emanuel Guarnuccio, all of 3rd Special Operations Support Comand (Airborne) all graduated from the Intensified Language School.

Births

Zachary Collier, born to Spc. Bryan and Claudia Collier July 6

Tariq Frieson, born to Spcs. Kevin and Yvonne Frieson July 22

Ryan Michael Furbush born to Spc. George and Christa Furbush Aug. 4

Wil Ashby, born to Spc. Wilfred and Cinthia Ashby Aug. 4

Colleen Elisabeth Campbell, born to Spc. Curtis and Amanda Campbell Aug. 17

Joseph Conner-Gonzalez, born to Staff Sgt. Esby and Rhonda Conner-Gonzalez Aug. 17

Sandra Kinsall, born to Sgt. 1st Class Sander and Elis Kinsall Aug. 20

Viviana Marina Rivera, born to Staff Sgt. Adolfo and Adriana Rivera Aug. 22

Patrick Laffin, born to Spc. Daniel and Katrina Laffin Aug. 22

Erin Lucrezia Brady, born to Spcs. David and Kristi Brady Aug. 22

Mario Armanda Andino, born to Orlando and Jeanette Andino Aug. 23

Lucas Welch, born to Jason and Dawn Welch Aug. 23

Jake Oakley, born to Staff Sgt. Scott and Kristi Oakley Aug. 24

Kelcie Cashion born to Spc. Timothy and Sgt. Laura Cashion Aug. 29

Kassidi Gibbs, born to Spc. Gary and Kari Gibbs Aug. 30

Audrey Doris Billitier, born to Pfc. Billy and Julie Billitier Aug. 30

Monica Jackeline Perez, born to Spc. Thomas and Emilia Perez Sept. 3

Marterius Arnell Crosby, born to Spc. Bill and Maritza Crosby Sept. 3

Melissa Renae May, born to Pfc. Michael and Spc. Tammi May Sept. 4



Hispanic Heritage Month

Celebrating ethnic contributions to American culture

Who are Hispanic Americans? They're citizens of the United States who trace their ancestry to one of many different Spanish-speaking countries. Currently, more than 19 million Americans — nearly 8% of the total U.S. population — are Hispanic Americans.

The majority of Hispanic Americans trace their ancestry to Mexico, Puerto Rico, and Cuba, although U.S. citizens come from just about every nation and island in Central and South America. It is important for us to know about this, because we can't fully understand America's culture until we are aware of how Hispanics have contributed to it.

Hispanic Americans are often viewed as being "one people," but this is not so. The term Hispanic is used as a convenient umbrella expression to describe a large and diverse population. Hispanics may share a language, religion, and similar culture, but it is wrong to think of them as a homogeneous group. They are from many different countries, with different, distinct and unique histories and ethnicities. Every group has its own relation to the United States and each tends to be concentrated in different geographic areas of the country.

In the past, the United States has been called the "great melting pot" because of the way it sort of "melts together" the customs and cultures from many different lands. Today, we're starting to think of the country as more of a "tossed salad." It has a variety of ingredients — flavors, textures, colors and shapes — that comprise a whole, yet still retain the individuality of each. This description seems to be a better analogy for Hispanic

subgroups than the "melting pot" one.

Despite some common traits, Hispanics as a whole are very diverse. The common stereotype of a "Hispanic" is someone with brown skin who speaks Spanish. This is simply not accurate. Hispanics come from many different races, ethnic groups and countries. Often, the people even speak the Spanish language differently within their respective countries, and each group has its own special heritage, social structure, folklore, arts and holidays.

The following people are notable in their Hispanic heritage and their contributions to our culture.

In politics, we have Henry Cisneros, a member of the Clinton administration who holds the cabinet post of Secretary of Housing and Urban Development. Nydia Velazquez was the first Puerto Rican woman and Ileana Ros-Lehtinen was the first Cuban-American woman to serve in the House of Representatives.

In science, notable people include Franklin R. Chang-Diaz, Ellen Ochoa and Sid Gutierrez, all NASA space shuttle astronauts. Severo Ochoa, the Nobel Peace Prize winner in medicine and physiology is famous for the laboratory synthesis of DNA.

In the world of entertainment, there are many popular and talented actors and actresses. They include Anthony Quinn, Martin Sheen, Raquel Welch, Imogene Coca, Erik Estrada, Esai Morales, Edward James Olmos and Reuben Blades. Rita Moreno was the first Hispanic actress to win an Oscar. Music is another area replete with Hispanic talent. Vickie Carr, Tony Orlando, Joan Baez, Gloria Estefan, Linda Ronstadt, Jon Secada and Carlos

Santana are all of Hispanic heritage, as are TV talk show host Geraldo Rivera and author Truman Capote.

Hispanic men and women in sports include golfers Nancy Lopez, Lee Trevino, and Chi Chi Rodriguez, and baseball players Roberto Clemente, Juan Marichal, Orlando Cepeda, Luis Tiant, Fernando Valenzuela, and Panama's own Manny Sanguillen and Rod Carew.

Hispanic Americans have also made their mark in the U.S. military. Admiral Horacio Rivero was the first Hispanic four-star admiral in the Navy, General Richard Cavazos first Hispanic four-star in the Army. Lieutenant General Elwood Quesada was the first Hispanic general officer in the Air Force.

Besides these individuals and their achievements, Hispanics have made many other contributions to American society and culture.

Mexicans first showed Californians how to pan for gold and introduced them to the technique of using mercury to separate silver from worthless ores. Many foods of Hispanic origin have become common in the United States, including tacos, burritos and nachos, quesadillas, chili con carne, Caesar salad, and tortilla chips and salsa. As a matter of fact, in 1992, salsa outsold ketchup in the United States.

Many words in the American language come directly from or are derived from Hispanic words. These include barbecue, bonanza, bronco, cabana, canoe, chocolate, macho, mosquito, tobacco, canyon, rodeo, tomato and more.

Several state names have Hispanic meaning and origin. For example, Texas (may be translated as "land of tile roofs,"

Nevada ("land of snow"), Colorado ("red land"), California ("an imaginary island"), Montana ("mountain"), Florida ("land of flowers") Throughout the United States there are many cities and towns with Hispanic-origin names. In California, alone, there are more than 400 (Chula Vista, Fresno, Los Angeles, Modesto, Pasadena, Sacramento, Vallejo, and many more.)

There are many other Hispanic contributions to our American culture, including flowers, pets, games and activities, and drinks. Examples are poinsettias, Chihuahuas and iguanas, chewing gum, canasta and rummy, and tequila.

Rather than stereotyping Hispanics, we should try to understand them for who they are and recognize them for the many valuable contributions they have made to our culture. Hispanic Americans have made many contributions to the American society which are now an integral part of our nation's rich history. They bring with them a proud heritage from which we all may learn about the past, and they provide us many benefits which we continue to enjoy in the future.

The Howard AFB Hispanic Heritage Committee will have a luncheon honoring members of Hispanic heritage from noon to 1:30 p.m. Tuesday at the Howard Enlisted Club. The guest speaker will be Oliver P. Garza, charge d'affaires ad interim of the United States Embassy. Admission costs \$5.95, and tickets and more information are available from Olga Davis (284-5546,) 1st Lt. Jaime Adames, (284-5663,) or Jim Sanders (284-5309.)

(This article was contributed by the 24th Wing Social Actions Office.)

There's no price too high for liberty

by Rosemary Chong
Tropic Times staff

(Editor's note: Three of our staff visited Safe Haven Camp No. 1 last week and spoke to several of the Cubans staying there. This is their report.)

EMPIRE RANGE, CAMP ONE - It all began the day U.S. Secretary of State William Christopher said the United States would continue to rescue Cubans fleeing their island nation. Since that day, thousands of Cubans headed for the high seas, risking their lives on poorly constructed rafts. It was the promise of freedom and the opportunity of liberty, dreams many Cubans have been forced to silence deep in their hearts for many years.

Some did not make it. But for those who did the adventure and the risk were worth it, they said. With nothing to lose — they had already lost it all, including their faith — and a new life awaiting them, there are no regrets.

It's this exodus of Cubans that brought us to Camp No. 1 on the banks of the Panama Canal. There are a great number of tents, portable baths and toilets, as well as a great number of people coming and going: children, men, women and soldiers, all working together endlessly.

In front of tent L41, there were men eager to tell us of their experiences. With green, blue or brown eyes — all with a look of the brilliance and the strength of new-found liberty — reflected back, they are Dr. Roberto Gonzalez Hernandez, gynecologist and obstetrician; Rene Rojas Napoles, carpenter; Osmari Rodriguez Ruano, electrician; and Lazaro Napoles Rodriguez, mechanic.

After making small talk, we finally wanted to know more about working conditions for doctors in Cuba. Cuba has recently gained a reputation of being among countries offering the best in medical care. Many patients from Mexico, Peru, Canada and Europe visit this Caribbean island to receive medical care. Among those are an ex-Peruvian president and Alain Delon, a well-known French actor.

Unfortunately, as Rodriguez tells us, this is not the case for the general population of Cubans seeking medical help. Doctors find themselves frustrated when they cannot put into practice all the knowledge they have acquired through years of study because they lack medication. They feel very sad when they see of a sick patient and know they would be able to cure them; but must sit back and watch them die.

This is a very different reality than that of foreign tourists coming into Cuba bringing U.S. dollars with them, for they find a different situation.

Rodriguez's dream, and the dreams of many other Cubans, is to reach the United States, learn the language and be able to practice their profession.

It is very important to mention that many of these Cubans at Safe Haven are professionals, not like the Mariel exodus in the early 1980s, when criminals released from prison were sent to the United States. They are eager to be of use to whatever society or country that will open their doors to them.

Most of them are emigrating for political and economic reasons. Whatever country will be their final destination, we can rest assured they will be an asset to the same, since they come eager to work and to offer their knowledge.

Many people ask, "Why if things are so bad in Cuba



Sgt. Lori Davis (Tropic Times)

Dr. Roberto Gonzalez Hernandez, Lazaro Napoles Rodriguez, Osmari Rodriguez Ruano and Rene Rojas Napoles (from left) fled Cuba on and floated 70 miles toward the United States before being rescued by a Coast Guard vessel. They were taken to Guantanamo Base, and from there were brought to Safe Haven Camp One.

do they not get together and overthrow Fidel Castro?" "After 35 years of dictatorship, why have they not done anything to fight this regime?" But the answer is that for them it is much easier to die at sea than to fight Castro, since they trust no one, not even their companions; no one is willing to risk their lives because no one is willing to back them.

And even though the U.S. and Cuba have reached an agreement to allow Cubans to return to Cuba, the choice has already been made.

"We cannot accept it. If we made the decision to leave Cuba, we cannot return, not even for the agreement just recently made between Clinton and Castro. We prefer to be returned to the sea than return and apply for visas as they wish," Rodriguez said.

"On the other hand, if the U.S. will not accept us, we ask that other countries assume the responsibility if they can—but back to La Habana, never, not even dead!" Rodriguez said.

We then asked them about the trip. They left Aug. 22 from the Municipal of Nuevita in the Province of Camaguey and sailed for seven days through stormy nights and calm days. Only three things accompanied them: a stamp of the Virgin of Charity (la Virgen de la Caridad del Cobre), their faith and several sharks following them along the way.

They traveled for more than 70 miles off the Cuban coast when they were picked up by the U.S. Coast Guard,

then were taken to Guantanamo Naval Base.

The stay at Guantanamo Naval Base was for a few days and not too bad, they said. "But in comparison, our stay in Panama is better and we are very grateful for the medical attention we have received."

"Things have gotten ugly and tough in Guantamano, we have been told, and will be getting worse. But as bad as things may be, we are much better than in Cuba," Rodriguez said.

Why does Castro make your lives so unbearable in Cuba?

"He does everything he believes he must do, regardless of the feelings of Cubans, and everything he says is an order that everyone must follow. He is like the only one, and above all, what rules are lies — Castro's dictatorship," Rodriguez said.

Many believe the Cubans want to leave, since they are looking for a better lifestyle and economic opportunities. While each have their own reasons, many feel the same way: they want to work, help and prosper. They aspire to help family members, as well as Cubans they have left behind on the island.

We asked if they had anything else they wish to add.

"Yes, we are thankful to the Americans, their government and the press. They have all done everything possible to make us feel better and have given us hope so we may now wait with patience. We would also like to let our family members know that we are alive, that we live!"

Cuban exodus revives memories for Howard woman

by Linda Christensen
Contributing writer

HOWARD AFB — Seeing the frightened looks on the faces of Cuban refugees arriving at Howard AFB brings back memories for Cuban native Sila Trujillo. It seems like only yesterday she fled Cuba in the midst of major political upheaval, leaving possessions, family and friends behind. She escaped with her parents and brother in 1967 when she was 9 years old.

"Luckily, my mother's family lived in Miami and paid a great price for us to leave Cuba through the consulate of Spain," Trujillo said. "But the government knew we wanted to leave. They interrogated my father and came many times to search our house. All it took was a whisper from someone or a doubt, and they would be there."

Trujillo vividly recalls the time her father heard the police were coming to his house because he had bought meat on the black market.

The whole family worked to conceal the

purchase. They ground the meat up and stuffed it into tubes, before burying it in the backyard. They finished the job with little time to spare, as the searchers arrived a short time later.

"Back then you could get up to 10 years for buying off the black market, but there was no other way to get certain things," Trujillo said. Her father was anti-political and did not want to stay in his homeland under that kind of situation, even though many were optimistic that things would get better.

"We never knew when the time to go would be," she said. "When it came, we left with nothing more than the clothes on our backs."

When Trujillo's family arrived in Spain, her father carried only a symbolic Cuban nickel in his pocket. She said she took little more: a Bible, book of children's verses by Cuban patriot Jose Marti and porcelain China doll.

Trujillo said she will never forget that doll. While outprocessing to leave the country in Havana, her family underwent rigorous inter-

rogation. Even at her tender age, she was treated harshly. She was asked if she was smuggling anything out of the Cuba, then watched as her doll was beheaded in the search.

"My aunt gave me that doll," she said.

Marti's book of verses was also of sentimental value to Trujillo. It was given to her by her grandmother and aunt, neither of whom she has seen since leaving. All of her father's family remained in Cuba.

After departing Havana, Trujillo's family went directly to Spain, before permanently settling in Miami. Although they never forgot the continuing struggle in their native land, Trujillo and her family were very happy in the United States.

Both she and her brother are now successful professionals. He is a Miami businessman, while she is a teacher at Balboa Elementary School here. Still, her heart belongs to the province of Pinar Del Rio, where her grandfather once had a cigar company and many of her relatives hopefully still live.

Trujillo said she speaks with many of the

migrants arriving daily at Howard AFB from Cuba. She has organized a welcoming committee to meet every flight. She introduces herself as a Cuban-American and offers her support.

She said she feels a bond with these people that has hit her a lot harder than she expected. As she watches them slowly step down from the plane and look at the place they will temporarily call home with trepidation, she relives familiar feelings from the past.

Many come with no possessions and some without even clothing. A few have not eaten meat in years.

One man told Trujillo not to touch him as he sat down to dine on a meal donated by a local restaurant. He was afraid he would awaken and it would all be a dream.

"One woman said it best to me," Trujillo said. "The only thing separating you from me is our destiny. You know, it's true."

Trujillo continues meeting those planes and welcoming people—not just Cubans, but someone's mother, father, brother, sister — as strongly as she would her own family.



Hoops, here it is Women's basketball season starts



Donna Martinez (Courtesy photo)

The Cougars' Abby Higley will be a player to watch this season.

BALBOA (*Tropic Times*) - Hidden in the looming shadow of the sport that would be king, women's basketball started two weeks into football season.

Although high school football seems to eclipse all aspects of sporting life here in the fall, the women are showing their stuff in the gyms.

The teams got a chance to size each other up during the preseason tournament here Sept. 16. During the round-robin event, teams faced each other in 12-minute games.

The tournament gives coaches a chance to test their players in competitive situations and learn more about the opposition.

For Bulldog fans, the player to watch is Janell Hauser, an All-Isthmian Team member last year. Coach Cleve Oliver said she is the teams ball handler and will be a force on offense.

Abby Higley will be leading the Cougars this season, said coach David Moffitt. Sport-

ing No. 23, like Michael Jordan, Moffitt said she has been on the All-Isthmian Team for two years and is a good outside shooter.

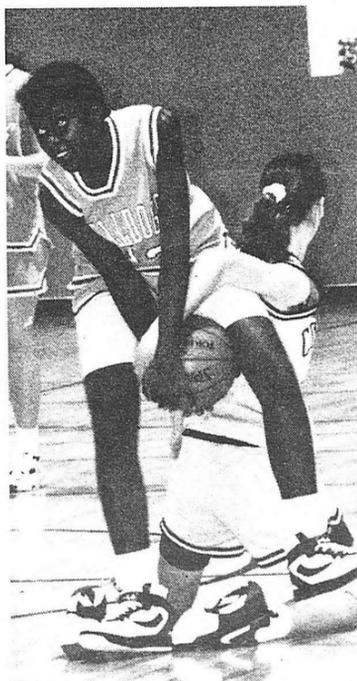
Tigers' coach Gayle Rankin said she expects to see good things from Hope Olivas.

Red Machine coach Cecil Williams didn't point out any one player, but said his team will probably be a sleeper early this season, then come around toward the end.

A surprise on the Devils team is 7th grader Monique Rembert. After losing their point guard last year, Schulte said Rembert is a skillful player they can groom for the position.

The teams are balanced, and it should be a nail-biting race to the championship, Schulte said.

There is another sport in Panama in September and October, and although football is the undisputed champ, women's basketball will have its shining moments.



Donna Martinez (Courtesy photo)

The Bulldogs Yarissa Peart and a Cougar fight for the ball.

1994 women's basketball schedule

- Today
 - 4:30 p.m.: Cougars vs. Red Machine (BHS)
 - 5:30 p.m.: Devils vs. Tigers (CHS)
- Tuesday
 - 4:30 p.m.: Bulldogs vs. Red Machine (BHS)
 - 4:30 p.m.: Devils vs. Cougars (CJHS)
- Sept. 30
 - 4:30 p.m.: Cougars vs. Bulldogs (BHS)
 - 5:30 p.m.: Red Machine vs. Tigers (CHS)
- Oct. 5
 - 4:30 p.m.: Red Machine vs. Devils (PCC)
 - 5:30 p.m.: Tigers vs. Bulldogs (BHS)
- Oct. 7
 - 4:30 p.m.: Devils vs. Bulldogs (BHS)
 - 5:30 p.m.: Cougars vs. Tigers (CHS)
- Oct. 11
 - 4:30 p.m.: Red Machine vs. Cougars (CJHS)
 - 5:30 p.m.: Devils vs. Tigers (CHS)
- Oct. 14
 - 4:30 p.m.: Cougars vs. Devils (PCC)
 - 4:30 p.m.: Red Machine vs. Bulldogs (BHS)
- Oct. 19
 - 4:30 p.m.: Bulldogs vs. Cougars (CJHS)
 - 5:30 p.m.: Tigers vs. Red Machine (BHS)
- Oct. 21
 - 4:30 p.m.: Devils vs. Red Machine (BHS)
 - 5:30 p.m.: Bulldogs vs. Tigers (CHS)
- Oct. 25-28
 - TBA: Post-season tournament (TBA)



Donna Martinez (Courtesy photo)

The Red Machines' Naho Isogai takes a fall going after a loose ball.

Football

Page 14

The Devils taught the Bulldogs some new tricks ala Wilbert Reese in a 39-0 romp.

NFL picks

Page 15

Throwback or throw up, take your pick to go along with John Hall's picks in pro football.

and more

Page 15

- ◆SCN AM radio schedule
- ◆Local sports standings
- ◆Amador golf tournament



Sgt. Lori Davis (Tropic Times)

The Devils' Benito Colon breaks to the outside and picks up a key block by Henry Davis...



Sgt. Lori Davis (Tropic Times)

then jukes back inside between the Bulldogs' Cardova Hall (23) and Mike Navicky...

Devils put dogs in pound, 39-0

by Sgt. Lori Davis
Tropic Times sports editor

BALBOA - Score early, score often. So goes the game plan followed by the Devils, romping into the endzone twice in the first four minutes of their game against the Bulldogs Sept. 16.

The plan looked simple: give the ball to Wilbert Reese.

The Devils received the opening kickoff and started their opening drive at midfield. On the second play from scrimmage Reese took the ball and ran with it 67 yards for the touchdown.

The Bulldogs' Irvin Nelson couldn't keep his hands on the following kickoff, turning the ball over to the Devils' Chris Bowman, once again giving the Devils excellent field position on the 28-yard line.

Same man, same play.

Wilbert Reese darted into the end zone once again, leaving the Bulldogs dazed and confused. This team did not look like the same dogs that beat the hapless Red Machine 6-0 the week before.

Down 12-0 the Bulldogs goofed

again later in the quarter, coughing up the ball on their own 34-yard line.

Still early in the game, the Devils found themselves on the Bulldogs doorstep once again. At six and goal, the Devils' Carlos Lampas went in on the quarterback sneak, jacking the score to 18-0.

Lampas booted in the extra point, putting the Devils up 19-0.

The Bulldogs started to get a little spirit back after sacking Lampas late in the half, taking the ball back on downs. Unfortunately the offense failed to rally a scoring drive as the half ran down.

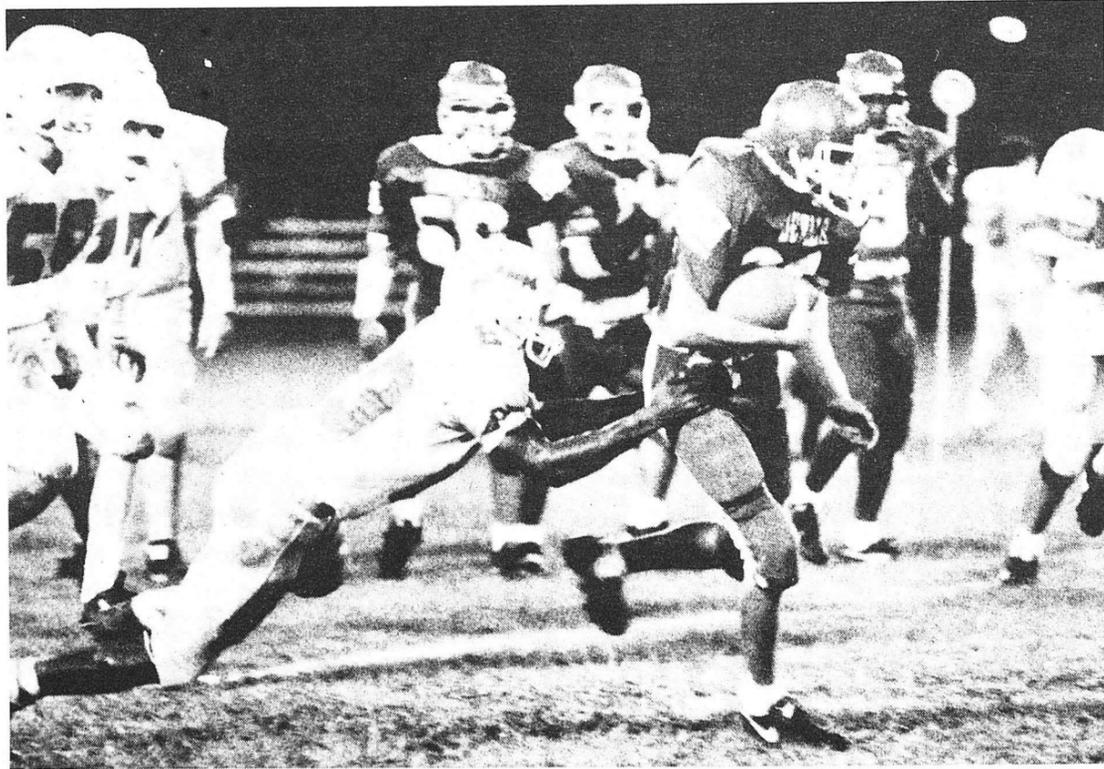
The Devils scoring rampage didn't slow down even in the driving rain of the second half.

Buddy Bottin snagged a short pass in the end zone, Reese punched in to score on a five-yard run and Lampas capitalized on the quarterback sneak once again, burying the Bulldogs. An extra point kicked by Benito Colon ran the score up to 39-0 and ran the Bulldogs into the muddy field.

Reese blew away his 145-yard rushing mark against the Kolts last week with a 243-yard night. His 388 total this season puts him miles ahead of the competition.

Lampas put in another strong performance as the man at the helm, completing all four of his passes and not tossing an interception yet this season, not to mention scoring twice himself.

At week two, the Devils seem to be the team to beat this season.



Sgt. Lori Davis (Tropic Times)

finally being caught by Hall.

Kolts, Red Machine still cellar dwellers

COROZAL (TropicTimes) - The Kolts are 0-2 so far this season, but the record doesn't show the quality of their game. The Red Machine is stumbling as they look for a win, but the machine may start to run smother as the season goes on.

In a tough 27-24 loss to the 2-0 Cougars, the Kolts showed strong defense, stopping Raul Chang at only 12 yards. Chang ran for 112 yards against the Tigers in their season opener. The Cougars are looking like championship contenders this season.

The Red Machine is down 0-2, but they looked better in this week's loss against the Tigers, said coach Rick Dahlstrom. The 27-13 loss on the Atlantic side was a tug of war across the field as the teams traded for the lead several times.

The Machine and Tigers seem to have gained confidence after getting spanked in their season openers.

A highlight from the Tigers vs. Red Machine matchup was an outstanding rushing performance by the Tigers' Jon Guerra. He ran for 222 yards and is now in second place for the league rushing record.

Tonight's games:

5:30 p.m. Cougars vs. Red Machine (BHS)

6 p.m. Devils at Tigers

7:30 p.m. Bulldogs vs. Kolts (BHS)

Scoreboard

League leaders

Rushing

	Carries	Yds.	Avg.
W. Reese, Devils	43	388	9.02
J. Guerra, Tigers	34	269	7.91
C. Hall, Bulldogs	38	160	4.21

Scoring

	TD	XP	Total
W. Reese, Devils	5	0	30
J. Guerra, Tigers	3	0	18
R. Chang, Cougars	2	1	14

Quarterbacks

	PA	PC	%	Yds.	Int.
C. Lampas, Devils	8	7	88	130	0
B. Martens, Cougars	25	11	44	142	2
J. Paniza, Kolts	10	4	40	36	0

Interceptions

A. Beach, Bulldogs	4
--------------------	---

H. Cabrera

2

Kick offs

	Kicks	Yards	Avg.
L. Sosa, Kolts	1	60	60
L. VonHollen	5	253	50.6
C. Lampas, Devils	12	553	46.1

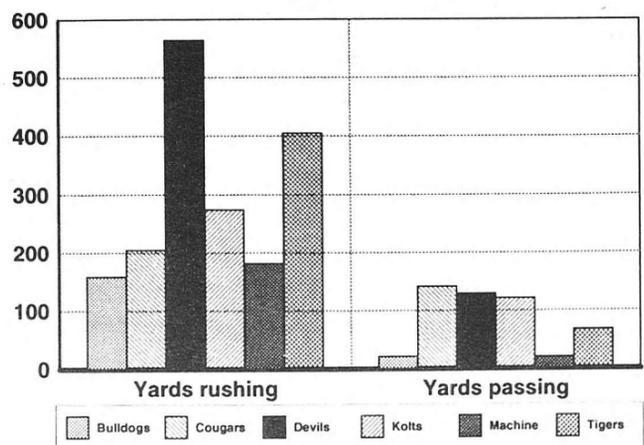
Punts

	Punts	Yds.	Avg.
G. Acosta, Bulldogs	1	52	52
R. Chang, Cougars	2	85	42.5
L.Sosa, Kolts	2	77	38.5

Team standings

	W	L	T	Pct.	PF	PA
Devils	2	0	0	1.000	65	0
Cougars	2	0	0	1.000	41	27
Tigers	1	1	0	.500	30	27
Bulldogs	1	1	0	.500	6	39
Kolts	0	2	0	.000	24	53
Machine	0	2	0	.000	13	33

Team statistics



Source: Robert Best

Cubans receive needed donations



Staff Sgt. Eric Wedeking (Safe Haven JIB)

Cuban children jump start a sack race at the urging of "Pin-Pin" (left) and "Pin-Nina" during a recording of the Panamanian show "Aventuras de Pin-Pin" that was recently filmed at Camp No.1.

by Staff Sgt. Eric Wedeking
Operation Safe Haven Joint Information Bureau

EMPIRE RANGE - A charitable donation of more than 1,000 shoes earlier this week continued the humanitarian relief pouring into Operation Safe Haven Wednesday.

Lt. col. Jim Greenwood, Community Camp No. 1 commander, presented Cuban camp leaders with 800 men's and 300 women's shoes donated by the Cuban-Panamanian Organization. To this point most Cubans were wearing thong-style shower shoes that were issued to them by U.S. officials upon their arrival from Guantanamo Bay, Cuba.

Five Cubans picked from the water by an Ecuadorian vessel recently joined their countrymen living in U.S. military-run camps here. The Cubans were turned over to Panamanian officials and then processed through the Safe Haven Reception Center at Howard AFB. The four men and one boy arrived on the shores of Panama aboard the Ecuadorian ship whose crew rescued them from a raft earlier in the week.

In most recent events, a commercial Boeing 727 carrying an estimated 163 Cubans arrived at about 1:30 p.m. Thursday at Howard AFB from Guantanamo Bay, Cuba, marking the restarting of temporarily halted aircraft flights. Currently, the Operation Safe Haven community camp population stands at 1,174 people. Thursday's most recent arrivals were not

added to this total because an official count was not finalized by press time.

As part of the ongoing self-help program, U.S. officials helped establish a school for Cuban children. Classes will be taught by Cuban adults, many of whom are certified teachers. The school will open today with a brief dedication ceremony.

As Cuban's living in the Operation Safe Haven Community settle in, their fears are still many. They were able to express some of their feelings and concerns to members of the Panamanian government who visited them Monday.

Minister of Foreign Affairs Gabriel Lewis Galindo, accompanied by a party of legislators from Panama's Legislative Assembly, toured Task Force Safe Haven facilities to learn about U.S. military operations and witness the Cubans' living conditions.

The legislators also toured the Cuban Family Support Center, where Cubans residing in the camps are able to visit with friends and relatives. They also visited the 5th Air Transportable Hospital, a centrally-located medical facility that provides the community members with health care. The last and lengthiest stop was at Camp No. 1, where the minister and legislators talked to the Cubans and toured the camp site.

This is the first time the foreign affairs minister visited Safe Haven facilities. Other Panamanian government officials who have visited include Panamanian President Ernesto Perez Balladares and Panama City's Mayor-elect Mayin Correa.

New U.S. ambassador to Colombia visits Panama

by Spc. Tom Findtner
Tropic Times staff

QUARRY HEIGHTS - The newly appointed U.S. Ambassador to the Republic of Colombia paid a two-day visit to Panama Monday to attend a series of U.S. Southern Command briefings and observe its joint task force operations.

Escorted by SOUTHCOM Commander in Chief Gen. Barry R. McCaffrey, Honorable Myles R.R. Frechette toured local military installations in an attempt to better understand the role of SOUTHCOM and its counter-drug efforts.

According to Frechette, the threat and impact of illegal drugs in Colombia is much greater than in the United States.

"Many Colombians don't realize how many Colombians are addicted to narcotics," Frechette said. "They don't realize the enormous cost of the corruption associated with it, and that the trafficking and consumption of narcotics is, I think, the biggest danger facing Colombian democracy today."

SOUTHCOM provides an invaluable amount of support and assistance to Co-

lombia in the battle against narcotics, Frechette said.

"There is no way that Colombia could provide this kind of assistance to itself," he said. "With the support they get from SOUTHCOM, I feel confident that I can tell the Colombians that we are doing more than our share in providing them with enormous amounts of intelligence so they can take appropriate law enforcement action. That's their job."

Frechette complimented the Colombian government, which is one of the oldest democracies in Latin America, for the effective manner in which they manage their country. He also cited Colombia as a good friend and ally of the United States. However, this could be undermined by narcotics and corruption.

"We have a new administration in Colombia," Frechette said. "President Ernesto Samper took office on Aug. 7. My job is to work effectively with him and persuade him that Colombia needs to do more with the United States in this struggle against narcotics, and to pass on the message that Colombia is at risk."

At Albrook AFS, Frechette was present for a special operations support briefing and demonstration. At Howard AFB, he sat in on a counter-drug strategy briefing and participated in a roundtable discussion that followed. He also took a flightline tour of the base's hangers and equipment. His visit to Rodman NS included a briefing and tours of the training and support facilities on-site.

In addition, Frechette listened to regional overviews from SOUTHCOM directors of intelligence, operations, and strategy, policy and plans. He also received a briefing on the Panama Canal.

Frechette was accompanied on trip by his wife, Barbara. They returned to Bogota, Colombia, Tuesday.

The U.S. Senate confirmed Frechette as ambassador last May and he assumed the position July 25. Before his appointment, he served as the director of policy, planning, coordination and press for the State Department's Bureau of Inter-American Affairs. Frechette speaks Spanish, French and Portuguese fluently.



Tech. Sgt. Gary Williams (U.S. Air Force)

'Passing of Guard'

Lt. Gen. Thomas R. Griffith, Twelfth Air Force commander, receives an Air Force Academy sword from Airman 1st Class Darlene R. Somoza, 24th Mission Support Squadron, before the ceremonial cake cutting at the 1994 Air Force Birthday Ball. Griffith was the senior Air Force member in attendance and Somoza was the junior member present. More than 350 people attended the gala event Sept. 16 at the El Panama Hotel.

Southern Command Network commander dies

FORT CLAYTON (US SOUTHCOM PAO) - Lt. Col. Jerry R. White, 42, commander of the Southern Command Network, died of heart failure Wednesday afternoon at Brooke Army Medical Center in San Antonio.

As commander of SCN, White brought the network to the highest levels of quality, professionalism and community service.

During his tenure, SCN won several of the highest military awards in military broadcasting for its television and radio programming. Among his most popular creations were Diamond FM, AM Information Radio, innovations in "Answer Line" and the weekend waver.

White is survived by his wife Nancy, and daughters Kelly, Lauren and Kimberly.



Honorable Myles R.R. Frechette

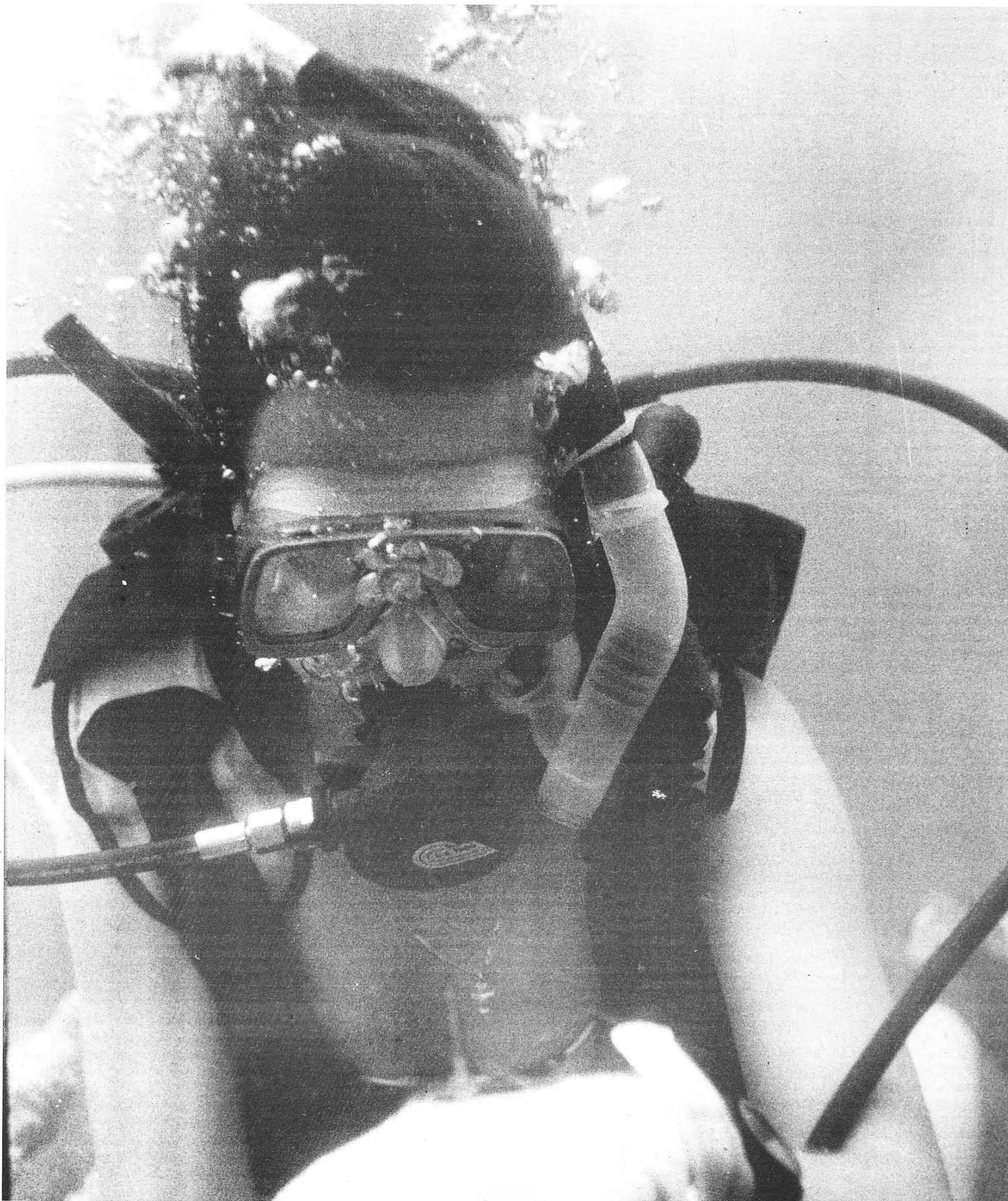


Tropictivities

Sept. 23, 1994

A quality of life guide for the U.S. community in Panama

Page B1



Dave Hodgson (courtesy)

Diving Bocas del Toro

Wendy Hodgson of the Balboa Dive Club dives off the coast of Panama during a recent trip to Bocas del Toro. Story and photos on page B3.

Youth News Page B2

Roller blading craze can lead to injury. Official tells how to play it safe, while still having fun.

Community Page B5

Southern Command Network is the first AFRTS station to broadcast new shows seen stateside.

and more

- ◆ Movies, Page B8
- ◆ TV, Page B9
- ◆ Potpourri, Page B12

Good in-line skaters must combine safety with speed

by Sgt. 1st Class Stephen Barrett
American Forces Information Service

Experienced skaters perform with the grace and style of Nancy Kerrigan. They can generate the speed of Dan Jansen or combine the speed and stick handling of Mario Lemieux or Steve Yzerman to score goals.

Yet they've never set foot on ice.

The 1990s have seen in-line skating change traditional roller skating into ancient history. The sport, with roots on the Southern California boardwalks, now involves 12 million skaters nationwide.

It's popular in training winter athletes. Cross country skiers, speed skaters and hockey players use in-line skates to condition themselves for their ice and snow competition during winter months. There is even a professional roller hockey league.

Most in-line skaters are doing it for exercise and recreation—and doing it in large numbers. Thousands of skaters now in-line their local fitness course as an alternative to running or cycling.

Its benefits are tremendous, according to Dr. Carl Foster, an exercise physiologist. Cardiac rehabilitation and exercise testing director at Sinai Samaritan Medical Center in Milwaukee, Foster told *Essence* magazine inline skating is the perfect all-around sport.

"Running doesn't build strength and weightlifting doesn't do anything aerobically," said Foster. "In-line skating builds muscle, and it gives you an aerobic workout." Its benefits include toning hips and thighs and can burn 250 to 500 calories in a 30-minute workout.

It also provides recreation to youths looking for an alternate sports program. "Kids are looking to stay in shape for scholastic sports," said Gary Bingham, community relations assistant with the National Hockey League's Washington Capitals. "There are in-line hockey leagues all around the country, giving the kids an alternative to basketball and baseball."

An example of in-line skating's popularity is a recent tournament, sponsored by the Capitals and Bauer, makers of hockey equipment. Bingham said 300 kids formed 22 teams in three divisions and competed in a three-day festival.

"Many players also play ice hockey, and this gives them a chance to practice their stick handling when many ice rinks are closed," Bingham said, adding that in-line skating also helps those not playing ice hockey. "It teaches balance, improves hand-eye coordination and it's good conditioning. Any athlete, whether playing football, basketball or hockey, needs these traits to compete."

Yet for all its benefits, in-line skating doesn't help anyone if skaters don't have proper training and proper equipment. The Consumer Product Safety Commission estimates 83,000 in-line skating accidents requiring emergency room visits will occur in 1994; 60 percent will involve children under 15. A June 15 report in the *Journal of the American Medical Association* cites 37 percent of all injuries involve broken or sprained wrists. Therefore, not only are quality skates essential, but also protective gear for the head, elbows, wrists and knees.

"When a person comes into the store for in-lines, my people also recommend helmets and pads," said Tom Allshouse of Champs sporting goods in Alexandria, Va. "Many think all we're doing is trying to increase the sale, but that's not the case."

Allshouse added many states require safety equipment.



Sgt. 1st Class Stephen Barrett

Most in-line skaters do it for exercise or recreation.

"In Virginia kids under 13 can't ride a bicycle without a helmet, and there's a move here to have the same rules apply to in-line skating," he said. "It's dumb for a person to come in, buy skates and think they're not going to fall."

Good, quality skates are not cheap—a good pair runs \$150 to \$200. Allshouse said many department stores offer in-lines at \$40 to \$50, but they don't provide the quality or support needed for even recreational use.

"Like any hobby, in-line skating's going to cost money," Allshouse said. "We recommend people first rent skates and equipment, learn the basics and find out if they like it." He added most community recreation agencies have rentals and instruction. Skaters may also buy or rent instructional videos that teach the basics.

During this beginning phase, learning how to balance is the most important part of in-line skating. *Essence* health writer Benilde Little recommends the following:

- ◆Practice on grass or a carpet before hitting the trails. She said walking around with your big toes pointed outward and balancing on one foot helps skaters learn their skates. "The better your balance gets, the easier you'll be able to stop and stride."

- ◆Once on pavement, continue to practice balance. She recommends standing with feet four to six inches apart, arms in front and knees bent.

- ◆Avoid hills and inclines. She recommends starting in parking lots and tennis courts until skills improve.

- ◆Use ski poles. Not only do they help balance, they add to the aerobic workout, especially if the person is a cross country skier.

Once skaters are ready for fitting, Allshouse gives some hints on looking for the best possible skate:

- ◆Test the boot for ankle support. Pinch the boot at the upper ankle and bend it from side to side. If the boot flexes easily, it may not offer enough support.

- ◆Look at the brake. Allshouse said the brake should be solid rubber and measure 1 1/2 by 2 1/2 inches. "If it's too small or too soft, it might not give you a safe stop," he said.

- ◆Test the skate's frame. The frame is as important as the skate's brakes. The frame attaches the wheels to the boot and should be strong and rigid.

- ◆Check the wheels and bearings. Soft wheels are best for outdoor skating, as they absorb shock and grip pavement. Hard wheels are more for competitive skating and used mainly indoors. Bearings decide how well the skates roll. Good bearings should turn smoothly and quietly.

- ◆Wear athletic socks when shopping for skates. Like fitting a running or basketball shoe, in-lines are best fitted when wearing appropriate socks.

- ◆Initially avoid five-wheeled skates. These are for racing and training. Allshouse recommends three- and four-wheeled skates for recreational use.

Youth activities

Albrook/Howard

◆Youth centers 286-3195/284-4700:

Donations to the Cubans of toys, games, Spanish books and videos, underwear and clothes can be made at the Howard Youth Center (284-5650).

Teen dance, for ages 13-18 at Howard Enlisted Club Ballroom 7:30-11:30 Saturday. Cost is \$2.

Tae Kwon Do karate classes weekday evenings. Classes for children, teens and adults.

The Hideout Teen Lounge is coming soon to Albrook AFB.

Art classes, for ages 6-16. Cost is \$25 for members and \$35 for non-members. Call to register.

Cheerleading lessons, Fridays at Albrook Youth Center and Saturdays at Howard Youth Center.

Guitar lessons, by appointment 1-6 p.m. Saturdays.

Spanish lessons, for children and adults. Tuesdays and Thursdays at 4 and 5 p.m.

Arts and crafts, 3 p.m. Wednesdays.

Gymnastics classes, for boys and girls in age group categories 3-5, 6-9 and 10-18.

Ballet, tap and jazz dance, lessons available for ages four to adult.

◆Child Development Center 284-6135:

Family Day Care Providers are needed in the Albrook area. Call Jill Winter at 284-3711/6135 for information.

Clayton

◆Youth Center 287-6451:

The new school hours for the center are: ages 6-14, 2:30-6 p.m. Monday-Thursday; **ages 6-11**, 2:30-6 p.m. Friday; **ages 12-14**, 2:30-8 p.m. Friday; **ages 6-11**, 11 a.m.-6 p.m. Saturday; **ages 12-14**, 11 a.m.-8 p.m. Saturday.

Youth dance/party, tonight. Pre-teens 6-8 p.m. and Jr. teens 8-10 p.m. Fee is \$2.

A spades tournament will be held Tuesday.

Youth Services is looking for **piano and gymnastics instructors**. Contact George Wheeler at 287-3506, or stop by Building 155, Fort Clayton.

Arts and crafts, Mondays.

Cooking experiences, Tuesdays.

Outdoor games, Thursdays.

◆Senior Teen Center 287-3464/4680:

Electro disco dance and social hour, with non-alcoholic beverages, at Teen Center 7:30-11:30 p.m. tonight.

Rollerblade hockey, at the Teen Center courts Saturday.

Popcorn and movies, Sundays.

Senior Teen Employment Program, year-round program to develop job skills and earn money for teens 15-18 years old. Applications are available at the center.

◆Child Development Center 287-3301:

CDC provides high quality, developmental child care for children 6 weeks to 12 years old.

Full day care and hourly care available. Call 287-5657.

Atlantic

◆Espinar Youth Center 289-4605:

Karate Shotokan, 4-5 p.m. Monday and Wednesday. The cost is \$20 per person.

Piano classes, 4-6 p.m. for 30-minute lessons Monday and Wednesday. There is a fee of \$20 per person each month.

Pool party crash, 7-10 p.m. today. Food and games will be provided free.

Bicycle Rodeo, 9 a.m.-3 p.m. Saturday at the Espinar Youth Center parking lot. Cub Scouts will assist with ID engraving. Today is the last day to sign up.

Movie Matinee Madness, 3 p.m. today with popcorn.

Celebrate birthdays of the month 3 p.m. Sept. 30.

Arts and crafts, 3-4:30 p.m. Wednesdays.

Saturday sports, noon to 6 p.m.

Cocoli

◆Cocoli Community Center 287-4119:

Arts and crafts Tuesdays and Thursdays.

Youth centers to issue ID cards

The Fort Clayton Youth Center and Senior Teen Center are changing their membership policies effective Oct. 15. In an effort to insure youth safety and security, the centers will issue photo identification cards. These will be used to verify that the card bearer is registered with Youth Services. The card will also contain data necessary to contact parents in the event of an emergency. Registration will take place from 6 p.m. to 8 p.m. Oct. 3-7 and Oct. 10-14 in Building 155. Parents must accompany their children through the free registration process. For information, call 287-3506 or 287-6451.

A remote diving paradise

Bocas del Toro

by Jean Sandhofer
Balboa Dive Club

In the town of Changuinola, 20 of us nervously boarded an Aero Perlas 22-passenger Twin Otter aircraft for the last leg of our flight that began in Panama City.

As members of the Balboa Dive Club, we had just disembarked from a more comfortable plane which, we were told, was too large to land at our destination on Isla Colon.

The thin seats of this aircraft were tattered, and the rubber floor mats and handrails were well worn. This gave rise to quiet jokes about the plane's air-worthiness, not to mention the length and condition of the airstrip on the island off the coast of Panama near Bocas del Toro.

The pilot started the twin engines and the plane bumped and swayed along the potholes of the landing strip. A few moments later, we were airborne and flying above the orderly quilt of banana plantations. Eventually, we passed over the lush, green arms of land, as irregular as pieces from a puzzle, that stretched into the emerald waters of the Bay of Chiriqui.

Within a couple of minutes, our descent into the province's capital began. As ocean-loving divers, we marveled at the gentle, turquoise ocean that, in its clarity, did little to conceal the abundant coral reefs and sandy bottom. As we landed, the plane alternately glided and bumped down the short airstrip, before halting at a tin-roofed cinder block structure that served as an airport. In town, we were greeted by Bob Boyd, owner of the Bocas Dive Shop and our guide for the weekend.

"Welcome, welcome," he said. "I hope you don't mind walking. All of the town's taxi cabs are broken down except for one, and the driver of that one took a boat to the mainland."

We found the 10-minute walk to the hotel undemanding, as it carried us along two of the town's 10 roads. After arriving at the hotel, located across from the main pier, and settling into our rooms, we were anxious to begin diving.

Our intention for the Labor Day weekend trip was to accomplish five dives, one of them at night. Bocas del Toro is Panama's northwestern most province and shares a border with Costa Rica. It has a small population of just 21,000 people and has very few roads. Because of the area's remoteness, its 250-mile coastline and surrounding ocean have not been spoiled by an over-abundance of visitors. Therefore, the area's mangroves provide an ideal habitat for 10 different endangered aquatic species.

Four kinds of sea turtles thrive in this environment: the leatherback, hawksbill, green back and loggerhead. We anticipated healthy coral reefs, abundant sea life and good visibility during our dives.

After our first dive Saturday morning, we were met by Eligio Bens, an officer for ANCON, a local conservation group involved in the preservation and tours of the Bastimentos Island Marine Park. The park, established in 1988, has the goal of protecting the fragile ecosystems between the mangrove islets, islands, ocean and residents that depend upon these natural resources.

He has been involved in educating local people about the role of mangroves in the area, which



Dave Hodgson (Courtesy)

Wendy Hodgson dives the emerald blue waters of Bocas del Toro, just off Panama's north coast.

were being over-used for the construction of homes and as fuel. Mangrove islets are essential in providing nutrients for fish and crustacean larvae, as well as habitat for the reproduction of freshwater turtles, lizards and alligators.

The mangrove of the Bocas del Toro archipelago consists of seven large islands and 125 small islands. Through the efforts of ANCON, with the Smithsonian Tropical Research Institute, the destruction of the mangrove, over-harvesting of fish and crustaceans, and dumping of non-organic waste into the bay has been reduced significantly, Bens said.

The four remaining scuba dives by club members were unique to the Bay of Chiriqui. Continuous fields of lettuce coral provided

shelter for a variety of small tropical fish, lobsters, crabs, sea cucumbers, cleaner shrimp, and the aptly named mollusk—flaming tongue. Because of the bay's natural enclosure, there is little current or surge. This enables the soft and hard sponges of these waters to grow vertically. The sponges grow in a variety of colors, including purple, yellow, orange, gray and black. Many were elegantly draped with a creature called the brittle starfish, which are as thorny and delicate as a cactus. The water was rich with zoo- and phytoplankton. Through their nutrient value, these microscopic creatures create a foundation upon which other marine life rely on to exist.

On Sunday night, despite the fatigue induced by five dives in two consecutive days, we visited a local bar to take in the Caribbean tunes of a calypso band.

Local patrons, enthralled with the dancing demonstration, protested the Americans' early departure. But we vowed to return for more another time.

For information on scheduling a dive trip to Bocas del Toro, call the Balboa Dive Club at 263-8077 or 250-0075.



Jean Sandhofer (Courtesy)

Dave Hodgson charges tanks on a beach off Boca del Drago to prepare for a dive.



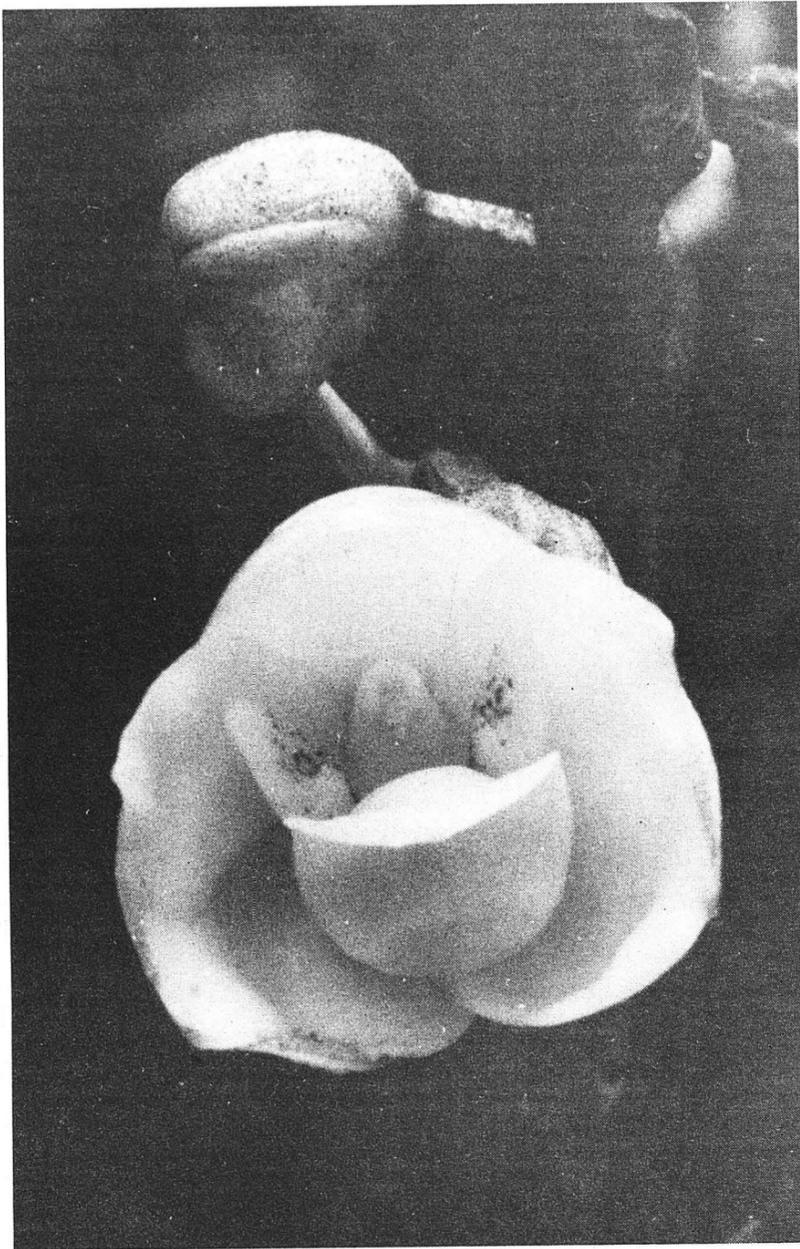
Jean Sandhofer (Courtesy)

Robert Coveless exhibits a couple of starfish, one of the area's native marine life.



Orchid cultivation

'Holy Ghost' pride of Panama



Photos by Rosemary Chong (Tropic Times)

Peristeria elata, "Flor del Espiritu Santo" (Holy Ghost) orchid is Panama's national flower. It is a terrestrial type of orchid that grows in open areas, lagoons, at the side of roads and in stubbles.



'Tipica' orchid is commonly used in wedding flower arrangements.

Most of the world's orchids inhabit the Torrid Zone between the two tropical perimeters, Cancer and Capricorn. More than 20,000 species of orchid flora have been classified with probably as many as an additional 4,000 yet to be brought under the eye of a trained botanist. Yet few countries like Panama have the rich environment and topographical diversity required to create life-zones necessary to harbor over 1,000 species in a region with less than one percent of the tropical landmass.

This floral cradle is wrapped in a variety of climatic factors between the cooler Chiriqui highlands on the west and the warmer, humid Darien on the east. Together they produce twelve independent life-zones that cater to the needs of 156 genera of different *orchidaceous* (orchid family of plants).

Each independent environment is formed within a niche, affected by climatic factors that react on habitats from sea level to the subalpine mountain tops that reach as high as 11,500 feet on Volcan Baru's summit.

Panama's orchids are closely related to those in Costa Rica, a neighbor on Panama's western border. In fact, more than 50 percent of all species can be found in both countries. They share the highest mountain ranges, the dry Pacific coast, as well as the humid forests of the Caribbean. The climatic factors are also similar.

"They grow well with lots of air, water and plant food, but never take sustenance from another plant. The roots do not penetrate the living tissue of the host plant or extract nourishment from it as do true parasites such as dooder and mistletoe (European plant growing parasitically on various trees used in Christmas decoration)," said Joyce Bernard, an orchid enthusiast.

During the dry season, orchid growers sometimes water their collections with a hose using a fine spray twice a day. In the rainy season, spraying may sometimes be skipped; orchids can die by excessive or too little watering.

Most tropical orchids are known as *epiphytes*, a plant that grows

nonparasitically upon another, deriving its nutrients and water from rain, the air and dust, usually on a tree or a rock. But there are other orchids known as terrestrial. These grow in the ground and, in the tropics, are far less numerous than the epiphytic type.

If a focal point for the country's orchid flora had to be pinpointed, it would be without a doubt El Valle de Anton, but a new more diverse region is opening to research and observation within the heart of Chiriqui that may provide a new insight into a totally unexplored world of orchids.

But for now El Valle de Anton is the center of diversity. It harbors a few of the rarer species such as: *Epidendrum pendens*, *Sievekingia butcheri*, *Trichopilia leucozantha* and one of the country's endemic, *Pleurothallis totundata*.

Perhaps the oldest flavor enhancer in the region was also an orchid product, *Vanilla pompona*. The plant has a bean which grows to 15cm and has been harvested by indigenous cultures for centuries, used in the seasoning of foods and beverages.

The landmass between the heart of the isthmus and the sheer height of the Chiriqui range supports hundreds of habitats for orchid flora, but as if this wasn't enough diversity, the central plateau is packed with contrasting environments, a warm, dry Pacific coast and warm, wet Caribbean coast with intermediate niches in between.

Peristeria elata, Panama's national flower, is one of the most delicate looking orchid because of its white, opaque presence and yet it has a certain strength in the profile of its lip, which resembles the beak of a dove. Often called the *Flor del Espiritu Santo* "Holy Ghost" orchid, its appearance generates softness and a feeling of peace. In the slightest breeze, it moves like an angel. This is a terrestrial type that inhabits the lowland forests.

In Panama, the "Holy Ghost" orchid blooms between July and November, midway in the rainy season. New growth starts with the first heavy rains of the year in May.



The *Vanda kultana* orchid, is a medium size plant and lasts for a long time.

by Rosemary Chong
Tropic Times staff

SCN first AFRTS station to broadcast same new shows as stateside channels

COROZAL (*Tropic Times*) - For the first time in history, the same television shows being aired in the United States will be aired on a Armed Forces Radio and Television Service station. Through a new contract, Southern Command Network will be able to down link satellite broadcasts to give viewers stationed in Panama the same television shows as their stateside counterparts.

"This is a unique experience for people stationed overseas," said Staff Sgt. Pat Callahan, noncommissioned officer in charge of television programming at SCN. "It takes new shows at least two to three years to be aired in Germany and Korea."

The biggest reason this is available in Panama is geographical location, Callahan said. Because of an existing contract with Net Link in Denver, Colo., the additional shows will not cost any more money.

"A unique facet is that the shows are all new for this fall, so still may be killed," Callahan said. "If they don't make money they can be cancelled in a matter of weeks, and we would lose them just like in the states. We are trying to make SCN as much like stateside television as possible."

The following is a list and brief synopsis of each show.

◆*My So Called Life* started Sept. 6 on Channel 14. With humor and honesty, this series charts the life of 15-year-old Angela Chase (Claire Danes), as she chronicles the ever fluctuating experiences of a teenager trying to figure out who she is and where she belongs in relation to her family and friends. *My So Called Life* airs Tuesdays at 8:30 p.m.

◆*McKenna* starts Tuesday on Channel 14. For 25 years Jack McKenna (Chad Everett) has been taking folks on adventurous tours through the beautiful Pacific Northwest. But, when Jack's older son Guy was accidentally killed while leading a tour, both the business and Jack's spirit dwindled. Now, after two years away, Jack's younger son Brick (Eric Close) has returned home to help revitalize the family business. The guests who stay at the McKenna ranch and seek adventure on their expeditions are as interesting and as involving as the McKennas themselves. *McKenna* will air Tuesdays at 10 p.m.

◆*The Boys are Back* starts Sept. 30 on Channel 14. Hal

Linden and Suzanne Pleshette are about to enjoy the freedom of their 'golden years.' Jesse, their youngest son, has just gone off to college, and Fred (Linden) couldn't be happier. Now they can have the house to themselves to do as they please. Betty (Pleshette) is not happy about the solitude, so when son Mike (George Newbern) asks if he, his wife and two young kids can move in for a while because he is jobless, Betty is eager to say "yes." Fred, however, is not pleased and when eldest son Rick also comes looking for a place to stay after his wife kicks him out, Fred sees his much anticipated empty nest getting crowded. *The Boys are Back* will air Fridays at 8:30 p.m.

◆*Touched By an Angel* starts October 13 on Channel 8. Monica (Roma Downey) is a guardian angel who plummets through the sky like a fireball and makes her dramatic entrance on Earth by belly flopping directly into Santa Monica Bay. Monica is an acerbic, independent angel from Heaven who has the questionable habit of defying orders and talking back to her boss (God). Monica has been sent to Los Angeles — her mission: protecting "Destiny Tots," children who are fated for greatness but whose current circumstances are causing them to stray away from their destinies. Tess (Della Reese) is the proprietor of "Angels Attic: Doll Houses and Collectibles," and the dispatcher who gives the angels their earthly assignments. *Touched By an Angel* will air Thursdays at 8:30 p.m.

◆*Me and the Boys* starts Oct. 15 on Channel 14. Steve Hayes (Steve Harvey) is a proud, hard-working widower who is determined to give his three sons the best possible shot at a bright future. Having been raised in the tough urban projects, Steve is all too aware of how important an education can be. He employs his own unorthodox approach to raising kids, that includes lots of love, discipline and humor. Steve is determined to teach his children life's lessons. Adding a tender and nurturing touch to this all-male household is Mary (Madge Sinclair), Steve's mother-in-law. Mary looks out for all the boys, including Steve. Between Steve and Mary, the Hayes kids get all the love and guidance they need. *Me and the Boys* will air Saturdays at 9 p.m.

Second annual Fun Fair slated for Oct. 1

FORT CLAYTON (DCA) - The second annual Fun Fair will be 1-6 p.m. Oct. 1 at the Valent Recreation Center here. The Directorate of Community Activities will introduce the community to its varied programs through exhibits, demonstrations, live entertainment and food samplings.

DCA manages more than 45 facilities that offer recreational programs such as sports, tours, skill development sessions, music and theatre, social events, golf, bowling, swimming, educational programs, varied youth activities, childcare and many other quality of life programs. The Fun Fair will have booths featuring displays, films, automotive and pottery demonstrations, food preparation and informa-

tion on the services available in the community.

In addition, there will be specials such as bowling ball fitting services and children's activities. The fair also provides patrons the opportunity to register for classes, tours and sports leagues. A performance featuring typical dances of Panama and a puppet theatre will delight those present. There will be handouts and door prizes, that include three drawings for round trip airline tickets.

Patrons will also be given information on upcoming events. Newcomers can discover the wealth of recreational opportunities available in Panama. DCA has something for everyone from the adventurous to the zany.



Martha K. Taylor (courtesy)

Bugging out

Lisa Burgess, vendor, looks over Arlene, Sara, 2, and Chelsey, 4, Collirs at a display of local insects at the 1994 Spouses Inter-Service Welcome Sept. 14 at Club Amador.

Community activities

Clayton

Those expecting a new baby should ensure birth registration information is obtained as early as possible before the baby is born. The information sheet, form 1080, is available through Gorgas Army Community Hospital OB-GYN Clinic and the Admissions and Dispositions Office. The form is also available through the Fort Sherman U.S. Army Health Clinic emergency room. If, at the time of delivery, the mother is referred to a civilian hospital in Panama City, call the birth registrar at Gorgas for information. This registration is a long, but necessary, procedure. For information, call 282-5242/5409.

The Fort Clayton Chapel will hold CCD classes for ages 4 through 6th grade beginning 9 a.m. Sunday in Building 156, Fort Clayton. High school classes will be held 6:30 p.m. Thursdays at the Clayton Chapel; 7th graders and confirmation classes will be announced at a later date. For information, call 287-4685.

The 142nd Medical Battalion and 235th Support Battalion family support group will meet 7 p.m. each Friday in the battalion dayroom. The meetings are open to all family members and unit soldiers.

The Caravana 1994 will be held 12:30-10 p.m. Sept. 30 at the Atlapa Convention Center. Caravan is a fair of crafts, gifts, native foods, prizes and entertainment. Anyone interested in volunteering to work in the American Embassy booth, call Yolanda Garza or Olga Ramirez at 227-1777, ext. 2317.

The Protestant Women of the Chapel Bible studies will be held each Thursday in Building 156, Fort Clayton. The sessions will be 9-11 a.m. Child care for infants is available and Bible activity classes for pre-schoolers will be provided. For information, call Diane Anderson at 285-4878.

Howard/Albrook

The Howard Enlisted Spouses' Club is sponsoring its annual bazaar on Oct. 29 at the Howard Enlisted Members' Club. Vendors can register at the Howard AFB Post Office from 10 a.m.-12 p.m. Wednesday.

The annual 1994 ACC Artist Craftsman Contest was held recently. The following won Honorable Mention: Cherrie Randall- Moon Woman, Sheila Pope-Morning Glories and Carlos Gomez in the Youth category-The Golden Frog. Winning entries will be forwarded to the Air Force Level Competition.

A list of teenagers who have successfully completed the Babysitting 101 course is available at the Howard/Albrook Child Development Centers, Howard/Albrook Youth Centers and the Howard Family Support Center. Teenagers are qualified in CPR, First Aid, and basic child care.

Air Force Turkey Bowl Team tryouts will be held 6 p.m. Monday at Weekly Field on Howard AFB. Tryouts are open to active duty military only.

The Albrook Stables is offering trail rides and pony rides by appointment only. Call 287-3333/4411 for appointments.

The Howard Child Development Center is looking for potential Family Day Care Providers for the Albrook Area. Call Jill Winter at 284-3711/6135 for more information.

Atlantic

For people transferring to new duty stations, the Army Community Service Relocation Assistance Office helps in the search for housing, employment and educational possibilities for servicemembers and their families. Call 289-4021/4636 for more information.

Miscellaneous

Open vendor registration for the Officers' and Civilians' Wives Club-Pacific Pumpkin Patch Christmas Bazaar will be held 10 a.m.-1 p.m. Oct. 3 at Club Amador.

The bazaar will be held Oct. 22. For information, call Marie Collins at 287-3887 or Dolly Banks at 287-3242.

Things and Tours

Rodman

◆**Information, Tour and Travel:**
Barro Colorado Island 6 a.m. Saturday, \$65, two people needed. Visit the tropical research island in the Panama Canal's Gatun Lake.

El Valle 7 a.m. Sunday, \$12. Shop for local handicrafts, plants, fruits and vegetables and a visit nature preserve.

Panama City tour 9 a.m. Wednesday, \$8. Visit the Golden Altar, the French Plaza and more.

Moonlight cruise 6:30 p.m. Sept. 30 and Oct. 15, \$21. Cruise out to Taboga Island for cocktails and hors d'oeuvres by moonlight, while viewing Panama City's dramatic skyline at night.

Bambito, Chiriqui, Oct. 7-10, \$240 per person/double occupancy. Three days and four nights at the Bambito resort. Transportation, meals and tours included in fee. Sign-up by Oct. 3.

Free Zone 7 a.m. Oct. 10, \$12.

Downtown shopping Oct. 5, \$8, 9 a.m. departure. Shop Panama's Central Avenue and Via Espana.

San Blas Islands, 6 a.m. Oct. 14-15, \$149 fee includes transportation, accommodations, food, island tours and activities.

Albrook/Howard

◆**Zodiac Community Activities Center:**

Free Zone, 8:30 a.m.-4:30 p.m. every Friday in the month of September, \$13.

El Valle shopping 6:30 a.m.-4:30 p.m. Sunday, \$13.

Bahai Temple photo opportunity, 12:30 -5:30 p.m. Tuesday, \$5.

Panama museums, 9 a.m.-3 p.m. Thursday, \$5. Bring money for entrance fees and lunch.

◆**Outdoor adventures:**

Drakes Island scuba, snorkeling 5 a.m.-2 p.m. Saturday, \$22 snorkelers, \$47 divers.

Canoe the Chagres River and barbecue, 8 a.m.-2 p.m. Sunday, \$20.

Gold panning in Bique, 8 a.m.-3 p.m. Wednesday, \$12.

El Valle horseback riding, 7 a.m.-4 p.m. Sept. 30, \$24.

Clayton

◆**Valent Recreation Center:**
Adventure in nature, 7:30 a.m.-1 p.m. Saturday.

Churches and architecture, 9 a.m.-1 p.m. Thursday.

El Valle, 6:30 a.m.-3:30 p.m. Oct. 2.

Panama City, 6:30 a.m.-3:30 p.m. Oct. 8.

◆**Outdoor Recreation Center:**
There is **Contadora Island** transit service Friday through Monday. Fees are \$35 adults and \$20 children 12 and under round trip, \$25 adults and \$15 children one way.

Whitewater rafting in Chiriqui Oct. 8-10, \$130 includes transportation, meals, lodging, equipment and guide.

Ecotourism trip to a **Chocoe Indian Village**, \$30 adults, \$20 children under 12. Visitors can bring donations for the school children.

Partial transits of the Panama Canal 7:30-11:30 a.m. Saturdays, \$35 adults, \$15 children 12 years old and younger. A minimum of 20 people is needed for a

partial transit any other day of the week.

Sun Splash tour to Jamaica travel opportunity to Montego Bay any Sunday through Wednesday. Packet includes airfare, three nights hotel accommodations, and transfer. Prices vary from \$300-\$600 depending on the hotel. Optional tours can be scheduled upon request.

Balboa

◆**Balboa Dive Club:**
The club is organizing a trip to **Isla Iguana** Oct. 8-10. The \$140 fee covers two-night accommodations, meals, transportation and three guided boat dives. Sign up early, space is limited. Call 263-4998 for information.

The club is supporting ProMar and the Center for Marine Conservation during **clean-up on Farfan Beach** starting 7:30 a.m. Oct. 2. Teams of two people each will work for two hours collecting debris and recording information. Drinking water, gloves, trash bags and data analysis cards will be provided. Volunteers should bring pens, clipboards, sunscreen and insect repellent.

Shops and classes

Albrook/Howard

◆**Zodiac Community Activities Center:**
Martial arts classes at Howard and Albrook Youth Centers, 284-4700.

Tae Kwon Do karate classes at Zodiac Center for children and adults.

Beginner and advanced dog obedience classes, \$32 for 4 weeks.

Beginner and advanced English and Spanish classes offered monthly.

◆**Albrook Auto Shop:**

Air conditioning service and repair 12:30-5 p.m. daily except Tuesday and Wednesday.

Wheel alignment diagnostic and service classes are held 3-9 p.m. Mondays, Thursdays and Fridays, 10 a.m.-5 p.m. Saturdays and Sundays.

◆**Howard and Albrook pools**

Intro to scuba, free, call for appointment.

Open water scuba class Monday at Albrook pool, \$145.

◆**Howard wood skills center, Bldg. 722**

Qualification class 10 a.m.-noon Saturday. Learn use the equipment.

Clayton

◆**Fort Clayton Pool:**

The pool is looking for **qualified teachers** for swimming and water aerobics. Call 287-6660.

Beginning and advanced swimming lessons 2:15-5:45 p.m. Mondays through Thursdays for adults and children over 3 years. Fee: \$20 for 12 classes.

◆**Fort Clayton Boat/Scuba Shop:**

Open water scuba class meets first and third Monday of each month, \$125. Includes five pool sessions, five theory sessions and four open water dives.

Long set equipment rental \$19 per day.

◆**Valent Recreation Center:**
Basic/intermediate English Monday-Thursday, one hour sessions, \$25.

Basic/intermediate sewing two hours twice a week, \$25.

Basic/intermediate cake decorating two hours twice a week, \$25.

Private piano and guitar lessons available weekday evenings.

Korean karate 6-8 p.m. Tuesdays and Thursdays.

Rodman

◆**Rodman Pool:**

A two week **open-water scuba class** will begin on Monday at the Rodman Pool. All equipment, textbooks, and certification will be provided for the \$125 fee. Call 283-5307 or 283-4454 to sign up.

Curundu

◆**Pacific Theatre Arts Centre:**
Piano lessons are held 3-7 p.m. Mondays, Tuesdays, Wednesdays and Fridays. Open to students ages six and older.

Korean karate 6-7:30 p.m. Tuesdays and Thursdays.

Voice lessons are held 3-5:30 p.m. Wednesdays and Thursdays.

Guitar lessons are held 3-6 p.m. Tuesdays. Registration is open at Building 2060, Curundu for the following **modern dance classes:**

I: 3-4 p.m. Mondays, \$22.

II: 3-4 p.m. Wednesdays, \$22.

III: 4-5 p.m. Mondays and Wednesdays, \$27.

IV: 3:30-5 p.m. Tuesdays and Thursdays, \$27.

V: 10-11:30 a.m. Saturday, \$10.

Social events

Stress reduction

◆**Alcohol and Drug Abuse Prevention and Control Program:**

There will be a Spanish luncheon Monday and an English luncheon Tuesday, both 11:30 a.m.-1 p.m., about stress reduction and building self esteem in the Education Office in Building 115, Corozal. Call 285-5913 for reservations. Bring your own lunch.

Classical music

◆**Atlapa Convention Center:**

The Costa Rican Symphony Orchestra will perform at the center 8 p.m. Monday. The symphony has been touring Europe and the United States. Tickets are available at the Concert Association, Argosy Bookstore and Allegro record store. Call 225-5855 for more information.

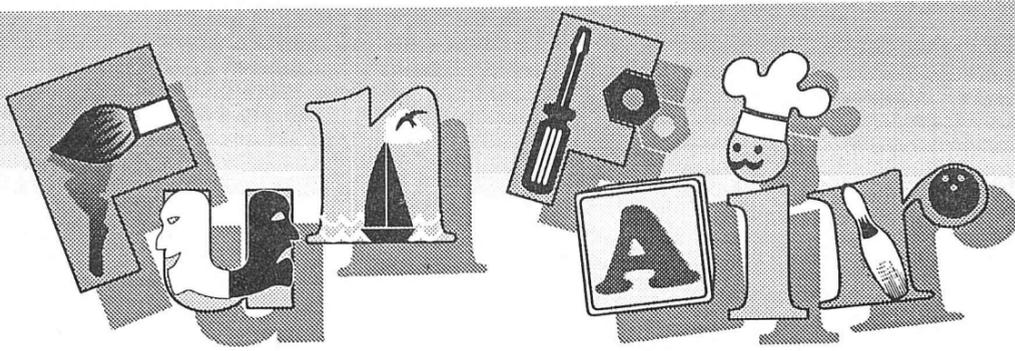


(Courtesy)

Soulful songs

Gospel singer Danny Byram will perform throughout Panama Saturday through Sept. 30. He will perform at the following:

- ◆Saturday - 7 p.m. at Safe Haven Camp No. 1; ◆Sunday - 9:30 a.m. at Howard AFB Chapel, 11 a.m. at the 1st Baptist Church, 1 p.m. at the Cross Roads Bible Church, 3 p.m. at Safe Haven Camp No. 2, and 6 p.m. at the Clayton Chapel evening service or the Cross Roads Church; ◆Monday - 6 a.m. at the 193rd Support Battalion run, 9 a.m. mini-concerts at the 193rd Support Battalion, 2 p.m. at Safe Haven Camp No. 3, and 7 p.m. at Fort Kobbé; ◆Tuesday - 6 a.m. at the 41st Area Support Group Prayer Breakfast, 8 a.m. at Curundu Junior High School (tentative), 1:30 p.m. at Safe Haven Camp No. 4, and 5 p.m. at the Family Support picnic and concert; ◆Wednesday - 9 a.m. at the Soldiers' Rally at Fort Clayton Chapel, 1:30 p.m. at Cristobal High School (tentative), 4 p.m. Fort Davis workplace mini-concerts, and 7 p.m. Fort Davis theater; ◆Thursday - Suriname (tentative); ◆Sept. 30 - 7 p.m. Fort Clayton Chapel.



**1 October - 1 - 6 p.m. - Valent Recreation Center
DCA: Something for everyone...**

**Displays . Demonstrations . Entertainment . Handouts .
Information . Door Prizes: Win a Trip!
Centralized registration for classes, tours, leagues.**

From Adventurous to Any!



"Doing our best for The Best"

For information call Ms. Rodgers at 287-3309
or Ms. Abner at 282-4314

Sponsors:
COPA Airlines - Continental Airlines
McDonald's, Café Durán, Productos Pascual
Fidanque Hnos. e Hijos, MCI International

Fun Fair

The Directorate of Community Activities will host a Fun Fair 1-6 p.m. Oct. 1 at the Valent Recreation Center. There will be demonstrations, exhibits, entertainment, food samples, handouts, give aways and three round trip tickets as door prizes. For more information call 287-3309.

Arts and crafts

Fort Clayton Arts and Crafts Center:

Sewing twice a week for two hours.

Cake decorating twice a week for two hours.

The Ceramic Center, Building 198, is located near the Crafts Shop.

Canal Crafters:

Handmade arts and crafts are available, consignments and volunteers are welcome. The shop hours are 10 a.m.-2 p.m. Monday through Saturday. The shop is now accepting holiday consignments, Building 804, Albrook.

Register for the following classes

at the shop.

Tole-painting, Halloween items 10:15 a.m. Wednesday, Oct. 6.

Wallhanging quilts 10:15 a.m.-12:15 p.m. Oct. 1, \$20.

Baby quilts 10:15 a.m.-12:15 p.m. Oct. 4, \$22.

Canal crafters will feature a special holiday display Monday in conjunction with its one-year anniversary.

Quilting instructor needed.

Howard Skills Development Center:

The center will be closed Sept. 30 for inventory.

The center is looking for

crafters to sell items in the new consignment boutique.

Instructors are needed to teach classes on a contract basis for a variety of crafts, decorative painting, calligraphy, watercolors, oil painting, etc. Contact Margo Leslie at 84-6361.

Leatherworking class, 5-7 p.m. Thursday, \$5. Learn the basics of working with leather.

Clay flower class, 11 a.m.-2 p.m. Saturdays, \$5 plus supplies.

Ongoing classes: stained glass, framing, air brush, lamp assembly, cross stitch, macrame, clay flower, ceramic and 'how to videos.'

Rec center news

Valent Recreation Center:

Better Opportunities for Single Soldiers forum meets Oct. 6.

The screening room offers free movies. Call the 24-hour movie line, 287-4367 for days and times.

The second Scale Model Exhibition and contest will be held

11 a.m.-5 p.m. Saturday and Sunday. Categories are airplanes, cars and armour. No fees. Call Johnny Tate at 287-5057 for information.

Gloria's Bazaar Saturday through Sunday.

Native American Heritage display Sunday through Sunday.

Army historical prints exhibit

Sunday.

Cocoli Community Center:

Arts and crafts for children 3:30 p.m. Tuesdays and Thursdays.

Children's videos 4 p.m. Thursdays.

Laser disc movies 7 p.m. Fridays.

Atlantic news

Rec center news

Sundial Recreation Center:

Gymnastics and ballet, 5:30-6 p.m. Thursdays.

Family exercise 9:30-10:30 a.m. Wednesdays.

Aerobics 9:30-10:30 a.m. Mondays, Wednesdays and Fridays.

Karate 6-7 p.m. Mondays and Wednesdays.

Beginning painting 6-8 p.m. Mondays.

Spanish 6-7 p.m. Tuesdays and Fridays.

Piano lessons 10:30-11 a.m. Wednesdays.

Ocean Breeze Recreation Center:

The center offers various of classes: Karate, cake decorating, Spanish, English, piano, country line-dancing and jazz. Call for schedules and registration.

Atlantic tours

Sundial Recreation Center:

Panama historical tour Saturday.

Panama City 8 a.m.-5 p.m. Oct. 1.

El Valle, 5:30 a.m.- 5:30 p.m. Oct. 2.

Ocean Breeze Recreation Center:

El Valle 5 a.m. Sunday and Oct. 2.

Isla Grande 7 a.m. Oct. 1.

Phone guide

Pacific

- 24th Services Squadron Sports and Recreational Rental Center, 284-6107
- Albrook Auto Craft Shop, 286-3613
- Albrook Club, 286-4128
- Albrook Riding Stables 287-4411/3333
- Albrook Thrift Shop 285-5989.
- Balboa Dive Club 263-8077/250-0075
- Canal Crafters 286-4500
- Clayton Arts and Crafts Center, 287-5957
- Clayton Boat Shop 287-6453
- Clayton Ceramic Center, 287-4360
- Clayton NCO Club, 287-3586
- Clayton Outdoor Recreation Center, 287-3363
- Clayton Scuba Shop 287-3355
- Club Amador, 282-3534
- Cocoli Recreation Center, 287-3010
- Corozal Thrift Shop, 285-5989
- Howard Auto Craft Shop, 284-3370
- Howard Enlisted Members' Club, 284-4107
- Howard Officers' Club, 284-4680
- Howard Riding Stables 284-3770
- Howard Skills Development Center, 284-6361
- Howard Teen Center, 284-4700
- Howard Wood Craft Shop 284-4510
- The Loop, 287-3035
- Pacific Theatre Arts Centre 286-3814
- Quarry Heights Officers' Club, 282-4380
- Rodman Annex, 283-5475
- Rodman Club, 283-4498
- Rodman Marina, 283-3147/3150
- Rodman Naval Station Information Tour and Travel Office, 283-5307/4454
- Twin Oceans Pro Shop 286-6514
- Valent Recreation Center, 287-6500
- Zodiac Community Activities Center, 284-6161

Atlantic

- Aquativity Center, 289-4009
- Davis Arts and Crafts Center, 289-5201
- Davis Community Club, 289-5160
- Ocean Breeze Recreation Center, 289-6402
- Outdoor Recreation, 289-4077
- Sherman Arts and Crafts Center, 289-6313
- Sherman Scuba Shop, 289-6104
- Sundial Recreation Center, 289-3889/3300

Location	Today	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday
Howard AFB 284-3583	7pm: Lassie (PG) Helen Slater, Richard Farnsworth 9pm: The Client (PG-13) Susan Sarandon, Tommy Lee Jones	2pm: Lassie (PG) Helen Slater, Richard Farnsworth 7pm: The Client (PG-13) Susan Sarandon, Tommy Lee Jones 9pm: The Crow (R) Brandon Lee, Ernie Hudson	2pm: Lassie (PG) Helen Slater, Richard Farnsworth 7pm: Lassie (PG) Helen Slater, Richard Farnsworth 9pm: The Client (PG-13) Susan Sarandon, Tommy Lee Jones	7pm: Lassie (PG) Helen Slater, Richard Farnsworth 9pm: The Client (PG-13) Susan Sarandon, Tommy Lee Jones	7pm: The Client (PG-13) Susan Sarandon, Tommy Lee Jones 9pm: The Flintstones (PG) John Goodman, Rick Moranis (\$1.50/\$1)	7pm: Airheads (PG-13) Brendan Fraser, Steve Buscemi 9pm: Above the Rim (R) Duane Martin, Leon	7pm: The Little Rascals (PG) Travis Tedford, Bug Hall 9pm: Above the Rim (R) Duane Martin, Leon
Fort Clayton 287-3279	7pm: Angels in the Outfield (PG) Danny Glover, Tony Danza 9pm: Speed (R) Keanu Reeves, Dennis Hopper	2pm: Angels in the Outfield (PG) Danny Glover, Tony Danza 7pm: Speed (R) Keanu Reeves, Dennis Hopper 9:30pm: North (PG) Elijah Wood, Bruce Willis	2pm: Angels in the Outfield (PG) Danny Glover, Tony Danza 7pm: North (PG) Elijah Wood, Bruce Willis 9pm: Speed (R) Keanu Reeves, Dennis Hopper	7pm: North (PG) Elijah Wood, Bruce Willis 9pm: Speed (R) Keanu Reeves, Dennis Hopper	7pm: Angels in the Outfield (PG) Danny Glover, Tony Danza 9pm: Speed (R) Keanu Reeves, Dennis Hopper	7pm: North (PG) Elijah Wood, Bruce Willis 9pm: The Client (PG-13) Susan Sarandon, Tommy Lee Jones	7pm: Lassie (PG) Helen Slater, Richard Farnsworth 9pm: The Crow (R) Brandon Lee, Ernie Hudson
Fort Davis 289-5173	7pm: The Shadow (PG-13) Alec Baldwin, Penelope Miller 9:15pm: Blown Away (R) Jeff Bridges, Tommy Lee Jones	6pm: Atlantic Hispanic Heritage Celebration	7pm: Blown Away (R) Jeff Bridges, Tommy Lee Jones	7pm: Maverick (PG) Mel Gibson, Jodie Foster (\$1.50/\$1)	7pm: The Shadow (PG-13) Alec Baldwin, Penelope Miller	7pm: Maverick (PG) Mel Gibson, Jodie Foster (\$1.50/\$1)	7pm: Angels in the Outfield (PG) Danny Glover, Tony Danza
Fort Sherman 289-5173	7:30pm: Baby's Day Out (PG) Joe Mantegna, Lara Flynn Boyle	7:30pm: The Shadow (PG-13) Alec Baldwin, Penelope Miller 9:15pm: Blown Away (R) Jeff Bridges, Tommy Lee Jones	7:30pm: Wolf (R) Jack Nicholson, Michelle Pfeiffer	No show	No show	No show	7:30pm: Maverick (PG) Mel Gibson, Jodie Foster (\$1.50/\$1)
Fort Amador 284-3583	7pm: City Slickers 2 (PG-13) Billy Crystal, Daniel Stern	7:30pm: The Flintstones (PG) John Goodman, Rick Moranis (\$1.50/\$1)	7:30pm: Angels in the Outfield (PG) Danny Glover, Tony Danza	No show	No show	No show	7pm: Black Beauty (G) David Thewlis, Sean Bean

Coming soon

Sept. 30

Howard AFB

7pm **Black Beauty (G)**
David Thewlis,
Sean Bean
9pm **Airheads (PG-13)**
Brendan Fraser,
Steve Buscemi

Fort Clayton

7pm **Lassie (PG)**
Helen Slater,
Richard Farnsworth
9pm **The Client (PG-13)**
Susan Sarandon,
Tommy Lee Jones

Fort Davis

7pm **Speed (R)**
Keanu Reeves,
Dennis Hopper
9pm **Angels in the Outfield (PG)**
Danny Glover,
Tony Danza

Fort Sherman

7:30pm **North (PG)**
Elijah Wood,
Bruce Willis

Fort Amador

7pm **City Slickers 2 (PG-13)**
Billy Crystal,
Daniel Stern

Now showing



Now showing at Howard and Clayton theaters.

The Client

Susan Sarandon, Tommy Lee Jones
Set in New Orleans, this is the best adaptation yet of a John Grisham novel. A young boy witnesses the suicide of a mob lawyer and hires Reggie Love (Susan Sarandon) a former addict, to protect him from federal prosecutor Rev. Roy Foltrigg (Tommy Lee Jones) and mobster Barry Muldano, both of whom think he knows where the body of a U.S. senator is buried. PG-13 (child in jeopardy, language), 2 hrs.

Lassie

Helen Slater, Richard Farnsworth
Everybody's favorite collie Lassie is back for her ninth film (the eighth generation descendant of the original dog). Picked up as a stray by the Turner family moving from Baltimore to Virginia's Shenandoah Valley, Lassie leads her new masters into sheep ranching, then helps them in a land dispute with some ornery neighbors. PG (language, suspense), 1 hr, 34 min.

Speed

Keanu Reeves, Dennis Hopper
LAPD SWAT cop Jack Traven, played by Keanu Reeves, is known as a man with an attitude caused by Dennis Hopper, a sociopath who nearly killed him in an earlier encounter. Now Traven faces the challenge of his career when Hopper

wires a bomb to a city bus that will explode as soon as the speed goes below 50 mph. R (violence, language), 1 hr, 51 min.

North

Elijah Wood, Bruce Willis
An 11-year-old boy feeling unappreciated by his mother and father finds a lawyer and declares himself a free agent, then searches the world for the perfect parents. PG (a few words), 1 hr, 34 min.

Angels in the Outfield

Danny Glover, Tony Danza
The losing major league baseball team, the "Angels," doesn't have a prayer of winning until an 8-year-old boy claims to see angels on the field providing divine inspiration. PG (language), 1 hr, 42 min.

The Shadow

Alec Baldwin, Penelope Miller
This film recreates the 1930s radio series about a mysterious Manhattan playboy with mystical hypnotic powers. PG-13 (fantasy action, violence), 1 hr, 52 min.

Blown Away

Jeff Bridges, Tommy Lee Jones
A vengeful Irish bomber is on the loose in Boston. He plays cat and mouse while

being hunted by his former best friend, a Boston bomb squad expert who has a secret past. R (violence, language), 2 hrs.

Wolf

Jack Nicholson, Michelle Pfeiffer
We all know what happens when you get bit by a werewolf, right? But, do you know what might happen if Jack Nicholson gets bit? Director Mike Nichols has the answer to that question. R (some language and werewolf attacks), 2 hrs.

Baby's Day Out

Joe Mantegna, Lara Flynn Boyle
Three bungling reward hunters search for a baby on the loose in the big city, only to have the toddler give them the slip and lead the klutzes on a wacky and perilous chase through the city. PG (some language, comic action), 1 hr, 33 min.

City Slickers II

Billy Crystal, Daniel Stern
Our urban cowboys are ready for another adventure. Although Mitch is enjoying the serenity of his suburban New York life with his family and Norman the Cow, the discovery of a treasure map sets things back in action. PG-13 (comic scene, off color humor) 1 hr, 48 min.

Airheads

Brendan Fraser, Steve Buscemi
Three metal heads desperate to get their demo song played on the radio inadvertently take a radio station hostage. PG-13 (crude dialogue and some sexuality), 1 hr, 29 min.

The Little Rascals

Travis Tedford, Bug Hall
Steven Spielberg produces an appealing update of the Hat Roach comedy series from the '20s, '30s and '40s. The gang has established a boy's only club; however, things change when Alfalfa falls for Darla. PG (rude dialogue)



Channels 8 & 10

* Mature Theme ** Series Begins ***Series Ends + Program time change because of live event ****Program moved to new day and time

Today	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday
5:30 NBC News at Sunrise	6:30 Headline News	6:00 CCMTV	5:30 NBC News at Sunrise			
6:00 Good Morning America w/Panama Now (7:25)	7:00 Navy/Marine Corps News	6:30 Outreach of Love	6:00 Good Morning America w/Panama Now (7:25)			
8:00 Basic Training Workout	7:30 Real News for Kids	7:00 Parliament of Souls	8:00 Basic Training Workout	8:00 Bodyshaping	8:00 Basic Training Workout	8:00 Bodyshaping
8:30 Sesame Street	8:00 Guts	7:30 Lifestyle Magazine	8:30 Sesame Street	8:30 Sesame Street	8:30 Sesame Street	8:30 Sesame Street
9:30 Portrait of America	8:30 Just for Kids!	8:00 CBS Sunday Morning	9:30 Portrait of America			
10:25 Guiding Light	Garfield & Friends	9:30 This Week w/Brinkley	10:25 Guiding Light	10:25 Guiding Light	10:25 Guiding Light	10:25 Guiding Light
11:10 General Hospital	Teenage Mutant Ninja Turtles	10:30 Face the Nation	11:10 General Hospital	11:10 General Hospital	11:10 General Hospital	11:10 General Hospital
12:00 Headline News Break	Biker Mice from Mars	11:00 Inside the NFL	12:00 Headline News	12:00 Headline News Break	12:00 Headline News Break	12:00 Headline News Break
12:25 Panama Now	Batman Cartoon	12:00 Headline News	12:25 Panama Now	12:25 Panama Now	12:25 Panama Now	12:25 Panama Now
12:30 Sportscenter	Cartoon Classics	12:30 Movies: "The Peanut Butter Solution"	12:30 Sports Machine	12:30 Sportscenter	12:30 Sportscenter	12:30 Sportscenter
1:00 Another World	10:30 Faerie Tale Theater	2:30 "The Man Who Could Work Miracles"	1:00 Another World	1:00 Another World	1:00 Another World	1:00 Another World
2:00 Oprah Winfrey	11:30 College Football: Indiana Hoosiers vs. Wisconsin Badgers	4:00 Victory at Sea	2:00 Oprah Winfrey	2:00 Sally Jesse Raphael	2:00 Oprah Winfrey	2:00 Oprah Winfrey
3:00 Price is Right	2:30 College Football: Colorado Buffalos vs. Michigan Wolverines	4:30 "O'Hara"	3:00 Price is Right			
4:00 Think Fast!	5:30 Headline News	5:30 Entertainment this Week	4:00 Guts	4:00 Reading Rainbow	4:00 Shining Time Station	4:00 In the Mix
4:30 I Love Lucy	6:00 Paradise	6:30 Grace Under Fire	4:30 I Love Lucy			
5:00 Family Feud	6:55 Rescue 911	7:00 Dr. Quinn: Medicine Woman	5:00 Family Feud	5:00 Family Feud	5:00 Family Feud	5:00 Family Feud
5:30 The Cosby Show	7:55 Walker: Texas Ranger **	8:00 L.A. Law	5:30 The Cosby Show			
6:00 SCN Evening Report	8:50 Movie: "Shattered Family"	9:00 ABC 20/20	6:00 SCN Evening Report			
6:15 Headline News Break	10:30 Saturday Night Live	10:00 Top Cops	6:15 Headline News Break			
6:30 World News Tonight	12:00 WWF Superstars of Wrestling	11:00 Miami Vice	6:30 World News Tonight			
7:00 Wheel of Fortune	1:00 Friday Night Videos	12:00 Movie: "Her Alibi"	7:00 Wheel of Fortune			
7:25 Panama Now	2:00 Sports Latenight	2:00 Sports Latenight	7:25 Panama Now	7:25 Panama Now	7:25 Panama Now	7:25 Panama Now
7:30 Entertainment Tonight	2:30 Frugal Gourmet	3:00 Headline News	7:30 Entertainment Tonight	7:30 Entertainment Tonight	7:30 Entertainment Tonight	7:30 Entertainment Tonight
8:00 America's Funniest People	3:00 Wheel of Fortune	3:30 Jeopardy	8:00 Murphy Brown	8:00 Beauty and The Beast	8:00 Fresh Prince of Bel-Air	8:00 ALF
8:30 Evening Shade	3:30 Videolinks	4:00 Jeopardy	8:30 Cops	9:00 Northern Exposure	8:30 Beverly Hills 90210	8:25 Movie: "The Stand" (Part 2 of 4)
9:00 In the Heat of the Night	6:15 Headline News Break	4:30 Videolinks	9:00 60 Minutes	10:00 SCN Late Edition	9:30 Culture Clash	10:00 SCN Late Edition
10:00 SCN Late Edition		5:00 Headline News	10:00 SCN Late Edition	10:05 Cheers	10:05 Cheers	10:05 Cheers
10:05 Cheers		5:30 NBC News at Sunrise	10:05 Cheers	10:30 David Letterman	10:30 David Letterman	10:30 David Letterman
10:30 David Letterman		5:30 Headline News	10:30 David Letterman	11:30 Tonight Show	11:30 Tonight Show	11:30 Tonight Show
11:30 Tonight Show			11:30 Tonight Show	12:30 M*A*S*H	12:30 M*A*S*H	12:30 M*A*S*H
12:30 Ren and Stimpy **			12:30 M*A*S*H	1:00 Movies: "The First Men in the Moon"	1:00 Movies: "El Diablo"	1:00 Movies: "Unarmed and Dangerous"
1:00 Movies: "Dillinger"			1:00 Movies: "With Hostile Intent"	3:00 "Jagged Edge"	3:00 "The Breaking Point"	3:00 "Desperately Seeking Susan"
3:00 "Educating Rita"			2:40 "The Front"	5:00 Headline News Break	5:00 Headline News Break	5:00 Headline News Break
5:00 Headline News			5:00 Headline News Break			
5:30 Videolinks						
6:30 Headline News						

Cable channel 14

* Mature Theme ** Series Begins ***Series Ends + Program time change because of live event ****Program moved to new day and time

Today	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday
5:00 Simulcast w/Ch. 8 & 10	6:30 Simulcast w/Ch. 8 & 10	6:00 Shining Time Station	4:30 Simulcast w/Ch. 8 & 10	5:00 Simulcast w/Ch. 8 & 10	5:00 Simulcast w/Ch. 8 & 10	5:00 Simulcast w/Ch. 8 & 10
8:00 Oprah Winfrey	8:30 Young Adult Theater	6:30 The Sunshine Factory	8:00 Oprah Winfrey	8:00 Donahue	8:00 Oprah Winfrey	8:00 Sally Jesse Raphael
9:00 Today	"Alice in Wonderland"	7:00 Goof Troop	9:00 Today	9:00 Today	9:00 Today	9:00 Today
11:00 Star Trek	"Perri"	7:25 Garfield and Friends **	11:00 Star Trek	11:00 Star Trek	11:00 Star Trek	11:00 Star Trek
12:00 Headline News Break	"Square One Video Judebox"	7:55 Disney's The Little Mermaid **	12:00 Headline News Break	12:00 Headline News Break	12:00 Headline News Break	12:00 Headline News Break
12:25 Panama Now	11:30 Real News for Kids	8:20 Batman	12:25 Panama Now	12:25 Panama Now	12:25 Panama Now	12:25 Panama Now
12:30 All My Children	12:00 Silver Spoons	8:40 Cartoon Classics	12:30 All My Children	12:30 All My Children	12:30 All My Children	12:30 All My Children
1:30 One Life to Live	12:30 Movies: "The Pistol"	8:55 Where on Earth is Carmen Sandiego?	1:30 One Life to Live	1:30 One Life to Live	1:30 One Life to Live	1:30 One Life to Live
2:30 Young and the Restless	2:15 "Gus"	9:05 Teenage Mutant Ninja Turtles	2:30 Young and the Restless	2:30 Young and the Restless	2:30 Young and the Restless	2:30 Young and the Restless
3:30 Teenage Mutant Ninja Turtles	4:00 21 Jump Street	9:30 Movie: "Auntie Mame"	3:30 Batman	3:30 Where on Earth is Carmen Sandiego?	3:30 Goof Troop	3:30 Garfield and Friends
4:00 Fraggle Rock	5:00 American Gladiators ***	12:00 NFL Football: Miami Dolphins vs. Minnesota Vikings	4:00 Fraggle Rock	4:00 Fraggle Rock	4:00 Fraggle Rock	4:00 Fraggle Rock
4:30 Reading Rainbow **	6:00 Doctor, Doctor	3:00 NFL Football: Pittsburgh Steelers vs. Seattle Seahawks	4:30 Are You Afraid of the Dark? ***	4:30 Think Fast	4:30 Guts	4:30 Nick Arcade
5:00 Silver Spoons	6:30 Dinosaurs **	6:00 Wonderful World of Disney +	5:00 In the Mix	5:00 Disney's Raw Toonage **	5:00 Beakman's World	5:00 The Wonder Years ***
5:30 Showbiz Today	7:00 Christy	7:00 NFL Football: Chicago Bears vs. N.Y. Jets	5:30 Showbiz Today	5:30 Showbiz Today	5:30 Showbiz Today	5:30 Showbiz Today
6:00 SCN Evening Report	8:00 Star Trek: Deep Space Nine	11:00 Eye to Eye w/C. Chung	6:00 SCN Evening Report	6:00 SCN Evening Report	6:00 SCN Evening Report	6:00 SCN Evening Report
6:15 Headline News	9:00 Herman's Head	12:00 Headline News	6:15 Headline News Break	6:15 Headline News Break	6:15 Headline News Break	6:15 Headline News Break
6:30 CBS Evening News	9:30 Married With Children	12:30 Meet the Press	6:30 CBS Evening News	6:30 CBS Evening News	6:30 CBS Evening News	6:30 CBS Evening News
7:00 Star Trek: The Next Generation	10:00 Movie: "All the Right Moves"	1:30 Sports Machine	7:00 Star Trek: The Next Generation	7:00 Star Trek: The Next Generation	7:00 Star Trek: The Next Generation	7:00 Star Trek: The Next Generation
7:55 Panama Now	11:30 Washington Week in Review	2:00 Sports Latenight	7:55 Panama Now	7:55 Panama Now	7:55 Panama Now	7:55 Panama Now
8:00 Frasier	12:00 Headline News	2:30 Frugal Gourmet	8:00 Monday Night Football: Denver Broncos vs. Buffalo Bills	8:00 Home Improvement	8:00 Sinbad Show	8:00 Full House ***
8:30 Roseanne **	12:30 Science and Technology Week	3:00 Headline News	11:00 Headline News Break	8:30 My So Called Life (New Fall Series)	8:30 Family Matters	8:30 Living Single
9:00 Primetime Live	1:00 The McLaughlin Group	3:30 Wheel of Fortune	11:25 SCN Late Edition	9:30 Frasier ****	9:00 Wise Guy	9:00 Turning Point
10:00 Renegade	1:30 Sports Latenight	4:00 Jeopardy	12:00 Cheers	11:00 Headline News Break	10:00 Tour of Duty	10:00 L.A. Law
11:00 Headline News Break	2:00 Entertainment this week	4:30 Videolinks	12:30 M*A*S*H	11:25 SCN Late Edition	11:00 Headline News Break	11:00 Headline News Break
11:25 SCN Late Edition	3:00 Headline News	5:00 Simulcast w/Ch. 8&10	1:00 Headline News	11:30 Nightline	11:25 SCN Late Edition	11:25 SCN Late Edition
11:30 Nightline	3:30 Saturday Night Live		1:30 Sports Latenight	12:00 Cheers	11:30 Nightline	11:30 Nightline
12:00 Cheers	5:00 Videolinks		2:00 David Letterman	12:30 M*A*S*H	12:00 Cheers	12:00 Cheers
12:30 M*A*S*H	5:30 Headline News Break		3:00 Headline News	1:00 Headline News	12:30 M*A*S*H	12:30 M*A*S*H
1:00 Headline News			3:30 Wheel of Fortune	1:30 Sports Latenight	1:00 Headline News	1:00 Headline News
1:30 Sports Latenight			4:00 Jeopardy	2:00 David Letterman	1:30 Sports Latenight	1:30 Sports Latenight
2:00 David Letterman			4:30 Videolinks	3:00 Headline News	2:00 David Letterman	2:00 David Letterman
3:00 Headline News			5:00 Simulcast w/Ch. 8&10	3:30 Wheel of Fortune	3:00 Headline News	3:00 Headline News
3:30 Military News				4:00 Jeopardy	3:30 Wheel of Fortune	3:30 Wheel of Fortune
4:00 Tom & Jerry Kids				4:30 Videolinks	4:00 Jeopardy	4:00 Jeopardy
4:30 Tiny Toons Adventures				5:00 Simulcast w/Ch. 8&10	4:30 Videolinks	4:30 Videolinks
5:00 CRO					5:00 Simulcast w/Ch. 8&10	5:00 Simulcast w/Ch. 8&10
5:30 Videolinks						
6:30 Simulcast w/Ch. 8&10						

Sports and specials

Channels 8 & 10

Sports

College Football

Indiana Hoosiers vs. Wisconsin Badgers, 11:30 a.m. Saturday
 Colorado Buffalos vs. Michigan Wolverines, 2:30 p.m. Saturday

Series starts

Walker Texas Ranger,
7:55 p.m. Saturday.

As the title character, martial arts expert Chuck Norris knocks down the bad guys with the help of his partner, Trivette.

Mini series

"Stephen King's the Stand,"
8:25 p.m. Thursday.

With most of the world's population dead, the survivors of the virus begin to encounter one another and start on their respective journeys to Nebraska to meet Mother Abigail.

Primetime movies

"Shattered Family,"
8:50 p.m. Saturday.

Torn from the headlines, this is the true story of a young boy's "divorce" proceedings against his own parents. Stars Rhea Perlman and Linda Kelsey.

Cable Channel 14

Sports

NFL Football

Miami Dolphins vs. Minnesota Vikings, noon Sunday
 Pittsburgh Steelers vs. Seattle Seahawks, 3 p.m. Sunday
 Chicago Bears vs. N.Y. Jets, 7 p.m. Sunday
 Denver Broncos vs. Buffalo Bills Monday, 8 p.m. Monday

Series starts

"Dinosaurs," 6:30 p.m. Saturday. (Replaces The Simpsons)

It's time to go back, waaaay back, before Fred, Wilma, Betty, Barney and that whole Bedrock bunch.

"McKenna," 10 p.m. Tuesday. For 25 years Jack McKenna has been taking folks on adventurous tours through the beautiful Pacific Northwest. Stars Chad Everett and Eric Close.

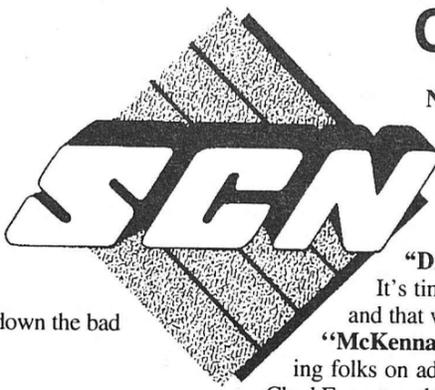
Primetime movies

"All the Right Moves," 10 p.m. Saturday.

Before one became a TV "Coach," and before the other became a superstar "Top Gun" fighter jock, Craig T. Nelson and Tom Cruise were giving solid performances as a goal-oriented high school football coach and his equally hard charging, hard-headed star player.

"Cocktail," 8 p.m. Sunday.

A young hotshot comes to New York City to make his fortune, but winds up becoming a "hot" bartender instead, under the tutelage of self-styled barman/philosopher. Stars Tom Cruise and Bryan Brown.





Duty-free merchandise

FORT CLAYTON (Contraband Control Office) - As a reminder, in accordance with the Panama Canal Treaty and U.S. Southern Command regulations, duty free merchandise, whether new or used, cannot be given, transferred or generally sold to non-privilege holders. Violations to these dispositions may subject violators to prosecution under both, military and Panamanian laws. It is sometimes permissible to sell an item, but only if Panamanian taxes are paid. Before such a sale, it is strongly recommended that the seller contact the Contraband Control Section for advice at 286-3117.

Animals

Hamsters w/ cage, wheel & water bottle, \$25. 261-5231.

Rottweiler, 2 1/2 yr old male, all shots & CCP reg, free. 252-2093, call after 6 p.m.

Boxer/pitbull puppies, \$50. 287-5633.

Collie puppies, purebred, no papers, 4 1/2 wks old. 261-3325.

Chihuahua, male, 5 wks old, white & beige, \$200. 286-4097.

Samoyed, male, 8 mos old, all shots, house broken, very friendly, \$150. 286-4998.

Kittens, very loving, free. 286-4432.

Playful 1 yr old striped cat & 1 1/2 yr old wht & beige cat, both spayed & free. 223-8159.

Female brindle boxer, 8 mos old, very sweet & loyal, kennel avail, \$150. 260-0024.

Male rottweiler, 2 yrs old, reg, \$300 & male boxer, 2 yrs old, \$100. 260-9712.

German shepherd puppies, 4 wks old, 6 male & 3 female, champion pedigree, \$350. 252-2291.

Angel fish, marbled & striped, \$6.50 ea. 261-5231.

Chinese Sharpei, female, 2 yrs old, shots, kennel inc, good w/ kids, \$200/obo. 284-4636.

Chihuahua puppies, 6 wks old, \$150. 286-3331.

Male black lab/shepherd, 7 mos old, house broken, 2nd set shots, free. 283-3988.

Cocker spaniel, black, AKC reg, avail for stud service. 287-5193.

Purebred boxer puppy, male, 3 mos old, \$175 & pitbull, female, 4 mos old, \$100. 250-0311.

Six kittens, black or blk & wht, male & female, 2 mos & 4 mos old, free. 286-3337.

Pitbull, ADBA reg, for stud service. 239-4311, weekends only.

Two free kittens, 1 blk & wht & 1 calico. 287-4689.

Mixed breed puppies, 5 wks old, males \$30 & females \$20. 236-4090.

Automobiles

1982 BMW 528, good condition, power package, US specs, sun roof, \$8,000/neg. 284-3818, 286-6699.

1990 Honda Accord LX, exc cond, must sell, \$9,000, M-F 87-5146 Mike.

1993 Mazda 626, 5 speed, alarm, AC, tinted windows, exc cond, not duty paid, \$14,000, 268-0224, ask for Maruja.

1987 Nissan Sunny, wagon, white, auto, air, radio, 4 cyl, good cond, duty paid, 252-2071, 252-2494.

BMW 518i, 1987, sedan, blue, manual, air, radio, exc cond, low mileage, not duty paid, \$9,500. 269-2095.

1991 Honda Civic, auto, duty paid, ac, exc cond, 23000km, one owner, \$9,000 obo. 224-7686.

1993 BMW 318, blk leather inter, 5 speed, US spec, full extras, 17" rims, 12000mi, well kept, duty free, \$23,500 obo, 226-7450 after 5pm.

1991 Pontiac Transport van, good cond, low mileage, loaded, not duty paid, \$17,000. 286-3143.

1982 Delta 88, AT, PW, PS, reliable

car, \$2,000 obo, 228-4294 ask for David.

1992 Mitsubishi Montero, loaded, must sell, \$21,000 duty paid, 226-7450 after 5pm.

1988 BMW 318i, 2dr, ac, am/fm/cass, not duty pd, 5 speed, Euro specs, \$8,000, 261-6119.

1987 Olds Cutlass Calais, PS, PB, AC, AT, PWR, V-6, AM/FM/Cass, \$5,000, 282-3596.

1988 Dodge Daytona, AT, AC, PS, PB, runs great, 51,600mi, one owner, \$4,500, 282-3778.

1992 Daihatsu Applause (Japanese) 1600, AT, AC, 4 dr, exc cond, \$7,250, 286-6495.

1989 Olds Cutlass Calais, 2 dr, PS, AC, AT, tint, custom wheels, exc cond, \$6500, 287-5032.

Dodge 4x4 pickup, w/250 diesel, 5.9L Cummins turbo, intercooled, heavy duty, low miles, many extras, \$17,000. 286-4772.

1994 Daihatsu Charade CS, exc cond, am/fm cass, ac, 5 spd, alarm, \$5,400. 264-4105.

1985 Plymouth Voyager van, 4 cyl, 5 spd, am/fm cass, seats 5, not dty pd, \$4,000/obo. 289-3391.

1972 Plymouth Duster, \$800. 287-6174.

1986 VW Jetta, 4 cyl, 5 spd, am/fm w/cd, 4 dr, snrf, new tires, looks & runs grt, \$3,800/obo. 285-4734.

1993 Aerostar, 6 cyl, exc cond, must sell, \$15,500/obo. 284-4897.

1983 CJ-7 Jeep Laredo pkg, exc cond, \$6,000. 252-5024.

1994 Toyota Tercel, like new, all extras, 11,500 km, dty pd, \$9,400/neg. 225-3962.

1979 Ford Mustang, dty pd, \$1,150/obo. 252-2291.

1987 Ford Escort GT, hatchback, 5 spd, alarm, am/fm cass, \$4,000. 282-3596.

1991 Camaro RS, 5L, V8, 5 spd, low miles, below Blue Book, \$9,950. 256-6830.

1990 Toyota Corolla GTS, sporty look, red, ac, exc cond, \$11,000. 260-7037.

1987 Ford Escort, 5 spd, ps, pb, 2 dr, hatchback, \$3,500. 286-4271.

1990 Nissan Track, exc cond, 83 km, custom stereo, alarm, more, \$9,500/obo. 287-5582.

1993 Nissan truck, exc cond, am/fm cass, tool box, 4 cyl, 23 k, \$8,000/obo. 283-5176.

1984 Dodge Sport pickup, 4 cyl, auto, ps, dty pd, \$2,700/obo. 252-2287.

Porsche 944, 5 spd, ac, all pwr, cd stereo, cruise, alarm, pwr snrf, \$12,000/obo. 284-4227.

1993 Nissan Bluebird, alarm, ac, am/fm, tinted windows, ps, low miles, dty pd, \$13,850. 236-0984.

1989 Ford Tempo GL, 4 dr, one owner, loaded, 39,000 mi, exc cond, \$5,700. 284-4932.

1989 Pontiac Formula Firebird, red, loaded, pwr locks & windows, ac, am/fm cass, grt cond, \$9,000/obo. 287-5782.

Suzuki Samauri 4x4 hardtop, \$2,995. 252-8183.

1992 Toyota Paseo, ac, stereo, \$9,000. 287-5396.

1989 Ford F-150 XL Tariat, super cab, new 351 eng, ps, auto, ac, 2 tanks, \$8,500. 284-4575.

1975 Toyota Celica GT, 20R eng, 5 spd, body good, dependable, dty pd, \$1,950/neg. 268-0047, after 5 p.m.

1988 Jeep Comanche, am/fm cass, ac, ps, pb, new tires, best offer. 261-6418.

1984 Chevy Citation, 4 cyl, 4 dr, at, ac, am/fm cass, dty pd, \$2,000. 262-7278.

1985 Toyota Tercel, 4 cyl, 4x4, 5 spd, ac, am/fm cass, not dty pd, \$2,900/obo. 262-7278.

1983 Honda Accord EX, ac, runs grt, dty pd, \$4,000. 287-4686.

1992 Toyota Paseo, \$9,000/obo. 287-5396.

1980 Chevy Monte Carlo, ac, body needs work, need to sell immed, \$1,600/obo. 283-5972.

1981 Camaro, manual trans, 4 spd, \$2,000/obo. 283-5088.

1981 Ford Thunderbird, runs grt, \$650/obo. 252-5100.

1988 Toyota 4x4, custom paint/mags, no ac, incredible, \$7,000. 284-5645, Lamb.

1975 Buick Le Sabre, grey, needs tran work, clean, \$650. 286-6439.

1990 Ford Probe, 5 spd, ac, am/fm cass, \$6,500. 263-6327, after 7 p.m.

1987 Dodge Omni, ac, ps, pb, am/fm cass w/ 4 spkrs, \$2,500/neg. 287-3923.

1990 Volvo 740, am/fm cass, ac, exc cond, not dty pd, \$9,800. 226-6341.

1987 Chevy Celebrity SW, ps, pb, am/fm cass, ac, \$4,000/obo. 287-6136.

1988 Ford Escort, 4 dr, 4 cyl, ac, am/fm, ps, pb, 58,000 mi, mint cond, \$4,500/obo. 284-3180.

1983 Dodge Mitsubishi Challenger, 4 cyl, 5 spd, not dty pd, \$2,200/obo. 260-4345.

1985 Ford Bronco II, 4x4, not dty pd, \$4,000. 284-5519.

1987 Ford Escort GT, 1.9EFI, 5 spd, am/fm cass, ac, runs grt, \$3,800/obo. 287-4535.

1984 Ford TRK, 4x4, manual, ps, pb, many spare parts, looks/runs grt, \$5,000. 289-5942.

1989 Geo Metro, 3 cyl, est 50 MPG, exc cond, trailer hitch for Jon boat, \$4,500. 250-0387.

1981 Chevy Malibu, reblt eng, new paint, good trans, 4 dr, V8, am/fm cass, \$1,300/obo. 284-6499.

1982 Ford Bronco, 4x4, ps, pb, new paint, tint windows, new tires, not dty pd, \$5,000. 284-5693.

Int'l Harvester Scout II, 4 wd, ps, at, ac, exc cond, must sell, \$4,195. 289-5634.

1977 Pontiac Bonneville, 4dr, not duty paid, \$1,000. Call collect 250-0311.

1992 Escort GT, alarm, AC, stereo, 31000mi, avail Sept-Oct, \$9,000. 284-6892.

1990 Chevy Cavalier, 2 dr cpe, PS, PB, low miles, 5sp, \$7,500/obo, evenings. 264-3143.

1993 Ford Ranger 4X4, not duty paid, AC, cassette, \$11,000. 286-3447.

1976 BMW 2002, new stereo, rebuilt engine, \$3,500. 283-3548.

1988 Chevy S-10 Blazer, good shape, AC, PS, PB, \$6,500. 287-6380 Greg.

Ford Telstar, AC, AM/FM/cass, 5sp, new paint, battery, runs looks good, \$4000. 252-2414.

1987 Ford Spectrum, AC, 4dr, good runner, rear end damage, not duty paid, \$1,600 obo, 284-4625.

91 Ford Escort LX, 2dr, 5sp, AM/FM/cass, AC, exc cond, original owner, \$7,000/neg. 284-4125.

Chevy Cavalier 1986, 4dr, AC, PS, AT, new brakes, 76000mi, \$3,000/neg, 289-4320.

Dodge Dakota pickup, V6, AC, new tires, 3yr/30000mi warranty, 42000mi, \$6,800/neg, 289-4320.

Nissan Sunny 1988, AT, AC, AM/FM, runs good, low miles, exc cond, \$4,200, 225-2298/252-4837.

1984 Ford Bronco II XL T, V6, AT, AC, 4WD, exc cond, Oct. 1, \$4,500 obo, 289-3301.

Porsche 944 1983, 4 cyl, Std, blk, loaded, \$9,000, 260-6325.

1974 Chevy Nova, 350 eng, many extras, new paint, \$4,000/obo, 284-3988.

1991 Lada Samara, exc cond; 1983 Toyota Carina, both run good, duty paid, 220-2024.

1990 Olds Cutlass Supreme, 4dr, PW/D, PB, PS, AC, cass, 27000mi, not duty paid, \$12,500, 287-3814.

1990 Ford Taurus, 4dr, AT, AM/FM/cass, 36000mi, \$10,500, evening 287-4689.

1987 Cadillac Seville, 58000mi, duty not paid, supurb cond, \$8,000, 260-6369.

Scout II 4WD, PS, AT, AC, exc cond, must sell, \$4,195, 289-5634.

1979 Ford p/u F 100 w/shell, AC, new tires, runs good, \$4,000/obo, 236-4879.

1982 BMW 323i, std, 2dr, duty pd, good cond, \$2,900, 243-4466.

1982 Plymouth Reliant, 4dr, AM/FM, AT, duty paid, good cond, \$2,800, 243-4466.

1990 Geo Tracker LSI, 4X4, AC, exc cond, 5sp, hard top, cass, \$9,999, 287-5933.

1971 Blazer, new paint, body, rear end problem, \$3,500, 285-4528.

1978 Mercury Monarch, exc cond, AT, AC, PW, PS, AM/FM/cass, duty paid, best offer, 232-6056.

1987 Chevy Celebrity SW, ps, pb, am/fm cass, ac, \$4,000/obo. 287-6136.

1988 Ford Escort, 4 dr, 4 cyl, ac, am/fm, ps, pb, 58,000 mi, mint cond, \$4,500/obo. 284-3180.

1983 Dodge Mitsubishi Challenger, 4 cyl, 5 spd, not dty pd, \$2,200/obo. 260-4345.

1985 Ford Bronco II, 4x4, not dty pd, \$4,000. 284-5519.

1987 Ford Escort GT, 1.9EFI, 5 spd, am/fm cass, ac, runs grt, \$3,800/obo. 287-4535.

1984 Ford TRK, 4x4, manual, ps, pb, many spare parts, looks/runs grt, \$5,000. 289-5942.

1989 Geo Metro, 3 cyl, est 50 MPG, exc cond, trailer hitch for Jon boat, \$4,500. 250-0387.

1981 Chevy Malibu, reblt eng, new paint, good trans, 4 dr, V8, am/fm cass, \$1,300/obo. 284-6499.

1982 Ford Bronco, 4x4, ps, pb, new paint, tint windows, new tires, not dty pd, \$5,000. 284-5693.

Int'l Harvester Scout II, 4 wd, ps, at, ac, exc cond, must sell, \$4,195. 289-5634.

1977 Pontiac Bonneville, 4dr, not duty paid, \$1,000. Call collect 250-0311.

1992 Escort GT, alarm, AC, stereo, 31000mi, avail Sept-Oct, \$9,000. 284-6892.

1990 Chevy Cavalier, 2 dr cpe, PS, PB, low miles, 5sp, \$7,500/obo, evenings. 264-3143.

1993 Ford Ranger 4X4, not duty paid, AC, cassette, \$11,000. 286-3447.

Honest, dependable, house keeper, avail 3 days a week. 223-8143, MWF 8:30-5pm.

Reliable, honest, hard working, Eng-spkr maid, good w/kids, ironing too, ref, Julia, 267-7712.

Bilingual, honest, reliable maid, ref, avail MW, 251-8533.

Reliable, responsible, certified baby sitter, teenager, evening and weekend, Nikki, 287-6172.

Eng-spkr maid, exc w/kids, live-in or out, 221-5285.

Eng-spkr maid, exc w/kids, live-in or out, 266-7980.

Dependable, trustworthy, hard working, bilingual, live-in maid, loves kids, avail Oct. 7, 284-4196.

Eng-spkr maid, hard working, reliable, honest, ironing, good w/kids, Julia, 267-7712.

Must PSC, looking for home for housekeeper, exc worker, bilingual, call Capt Powell 284-5313.

Boats & Campers

16 horse Suzuki o/b motor. I leave tomorrow. \$675 283-6538.

24' Seasport Cuddy Cabin, new engine, rebuilt Volvo od, bimini top, VHF radio, outriggers, \$8500 OBO 287-6830.

16' w/55hp Evinrude fish finder trolling motor, many extras, \$4,100. 228-7924 after 5pm.

Sea Doo 92 (Jet Ski), new cond, high performance 55hp, plus many extras, warranty, \$3,999 OBO. 286-6333.

19' open fisherman, Yamaha 90, 1994 w/30 hours, fully loaded, \$12,000. 252-4848.

Trailer utility, 1/2 ton, steel frame, fiberglass 3X4 cargo area, spare tire, wiring kit, \$295. 260-9172 after 6pm.

18' Eagle fish and ski, fiberglass, 110hp Johnson, galv trim, many extras. 252-2826

21' Romery cabin, sleeps 2, 4 cyl, Perkins diesel, ready for fishing. \$9,000 OBO. 252-5100.

Jet Ski, Kawasaki, 440cc, w/aluminum trailer. 252-2889.

24' center console twin outboards w/zero hours, outriggers, VHF, dual axle trailer, many new items, duty paid, \$9,000 OBO. 287-5178.

Trailer home, 4 bdrm, 3 full baths, workshop, patios, fenced yard, bars, alarm, security lights, fruit trees, ac, neg. 286-6346.

18' deep V Bow Rider w/125hp Mercury O/B, new Bimini top, fish finder. \$3400. 287-6820.

Electronics

Computer, IBM comp, 20mg hard dr., color monitor, printer, 51/4 disk dr. mouse, word processor and more programs. \$350 OBO. 286-6136

PB 386sx20, 1mb Ram, 40mb harddrive, VGA monitor, soundblaster, speakers, joysticks. Call after 6:00pm. \$700. 287-4772.

Laptop computer w/Wordperfect 5.1 Windows and Rightwriter installed. 1 mo. old. \$1,600. 283-5617.

Sony speakers 50 watts \$100. Sony FM tuner \$50. 14" Panasonic TV, color \$150. 226-1158.

Kenwood TH-215A hand trnsvr, Ham and marine, DTMF, \$190 226-1158.

Goldstar port. AM/FM dual cassette CD player, like new. \$150/neg. 260-0024

Panasonic color TV 19" excelent condition. \$125. 252-6277.

Sony 20" stereo/SAP TV, excellent condition, must sell. \$350. 236-1256.

Kenwood full size stereo rock system, amp, tuner, EQ, dual cassette, turntable, CD, \$700 OBO 287-5995.

IBM/PS2 computer, WP, DOS, games. \$500. 230-1798.

Audiovox car stereo sys w/CD changer, control hookp, detachable security face, \$175. 287-5776.



table, new, pecan wood \$75. 269-2095.

Twin mattresses, top quality made in U.S., firm, trundle bed pop-up type frame converts the bed into king size bed. \$550. 283-3220.

Acs: 5,000 BTU GE; 12,000 BTU Whirlpool, rowing/lift exercise machine, GE 2door refrig. 260-5220.

Pine bunkbeds w/ drawers & shelf; \$325; carpets: dk blue 12x11, mauve & white 12x30. 260-5220.

Whirlpool extra lg washer/dryer \$700, Whirlpool refrigerator \$550; air conditioner 13,000 BTU \$525. 269-1693.

GE 19.6 cu ft refrigerator with inside ice maker \$800; 4pc bedroom set, solid pine \$1,200. 252-1257.

Baby crib that converts into youth bed, storage drawers and chest incorporated \$225/obo. 260-8833.

Sealy double bed set, excellent condition, firm \$300. 252-2676.

Blue sectional w/sleeper and recliner \$1,000. 233-0974.

9x12 rusty red carpet \$70; 3 fans, one square two round, all three \$30. or buy separately. 260-9303.

7pc bedroom set \$1300; freezer \$350; blue curtains \$15 swingset \$50. 252-1257.

Solid oak occasional chair \$125; patio bench glider \$80; sheets, dartboard, bulletin board. 286-3192.

8,000BTU ac good condition \$225. 256-6830.

Color TV 20", folding table set, dinette set, bedroom set, LR 3pc w/ sofa bed and recliner. 286-4271.

25" color console RCA TV \$300, 24,000 btu a/c \$250, dishwasher, blender, curtains. 252-2730.

Luxury solid oak dining room, 4 chairs, 14 months old, like new \$850. 227-2916.

Rattan dining and living room set, 9 pieces, \$700, 269-9297.

Hand woven Turkish rugs; old French & Italian wall clocks for sale, 236-0324.

26" Magnavox console color television, remote, cable ready, many extra, \$350. 287-5124.

Benchcraft off-white overstuffed sofa, loveseat and recliner, white oak coffee & end tables, 4pc dinette set \$2,000. 287-5782.

Sofa and loveseat \$750.00. 260-7341.

Patio table \$50, 2 bamboo sofas \$80.00, dish set- dinner, salad, butter, coffee cups, and glasses \$50. 261-3325.

Twin bed/ nightstand \$ 175. 230-1798.

Gas stove/electric \$400, bedroom set \$600, German shrunk \$400, 2 store display cabinet \$65. 262-9661.

Whirlpool cream colored dryer, needs heating elem. 5speed, 3temp. \$200obo 283-6737.

Furniture; refrigerator \$250, bed/ cribs, LR, dinette, 8 chairs \$450. 282-5494.

Ikea queen sofa sleeper, burgundy & yellow striped, new \$690/obo. 287-5897.

Supreme juicerator \$200. 252-2582.

Lg Kenmore washer & dryer, good condition. \$400. 236-3099.

2-12x15 brown carpets \$100. each, 11x13 beige carpet \$50, dinette set with 4 chairs \$75. 287-6136.

Rattan dining set for 4, glass top, Spree bedroom set, wooden style, negotiable. 286-3296.

Patio set includes 4 chairs & table 6 months old \$125. 260-6533.

Gas oven/ stove, 1 yr. old. \$200. 223-7498.

GE 18cu. ft. refrig. w/ice maker, exc cond, 11/2 yrs old. \$800. 223-7498.

Futon w/3pc frame \$250.00; 14" color TV \$100, stroller \$50, Century carseat \$25.00. 285-5292.

King-size mattress in good condition with frame \$150. 256-6444.

Microwave, \$190.; toaster oven

\$20, gas grill \$140, Weder grill \$60, 10 speed bike \$100, vacuum \$75.00. 284-5693.

Bedroom set \$1200, shelves \$65, \$45, TV, antique settee, bentwood rocker \$190. 264-9228.

Entertainment center \$200, computer stand \$150, exercise bike \$100, carpets \$85, 9x12, speakers(2) \$150. 284-5693.

Waterbed, 6 draw, bookshelf headboard black \$350, TV 19" \$185, VCR \$160, comforters, king & queen \$40 each. 234-5693

White metal toddler bed, includes mattress and Barney set 5pc \$110. 287-3939.

Sofa, 3 pc pink & white flowers \$775, computer table, like new \$65. 260-9731.

Dinette set, 4 chairs very nice oval design Apt size \$170. 252-6838.

3/8" tinted glass DR set 5x7, 4 chairs \$600, rocking chair \$70, PVC patio/terrace DR set, round table w/4 chairs \$80. 264-2780.

Black dinette w/4 chairs 6 mo. old \$500. obo. 260-9394.

Zenith 14" color TV \$75, Kenmore dryer \$250, Franklin Spellcheck pocket computer \$45. 284-4384.

White Westinghouse washer & dryer 1yr. old \$500. 284-4306.

Sofa, \$750, cocktail table, \$126, both excellent condition. 287-4087.

New "Gerry" 2 stage potty trainer- \$17.00; Hoover Elite upright vacuum \$50. 289-4111.

Black lacques dining room set for 4 \$400. 284-5429.

Refrigerator, Whirlpool 21 cu. Ft. side by side, some rust. \$300. 260-6369.

BR set, oak/antique pecan finish, tall chest, 2 nightstands, tripple dresser & mirror, nightstands, Q-headbd, chest, all wood, firm \$2,400. Q-mat/springs firm, like new, \$450. 283-3220.

Lost

Ladies Seiko watch, Sept. 9, next to Clayton Theater, behind chapel. Reward. 287-4179.

Lab/mix dog "Aggie," in Las Mercedes/El Dorado area Sept. 15. 236-4118.

Keychain (nokeys) with Virgin Medallion around Commissary/Corozal area. Sentimental Value. 252-6989.

Miscellaneous

Dog kennel, size large. In good condition \$40. 282-3924.

Dog whelping box, large, thick plywood \$65. 287-6382.

Printer, citizen, 10", 24 pins color capability, like new \$225, SC typewriter, electric \$75. 260-9731.

(2) P205/75R15 tires and wheels off a 1993 Wrangler. (1) spare. \$50 each 223-6105.

Tin and wood patio covering for Gateway housing, all new wood \$175./obo. 284-3379.

14k wedding ring with 5/8k diamond's \$800. 287-6728.

Weight bench with weights 101lbs, long bar two dumbbell bars-\$125. 287-6883.

Headers for Chevy 307/350 engine \$75. 289-4829.

Brass plated lamp \$15, car travel cage \$10, coffee table \$15, blind for large windows \$10., 284-4625.

Hardwood swing, new, first \$85. 287-4087.

Table, wooden 80x40 \$130, store display cabinet, wooden \$125. 226-8626.

Junior girl scout uniform hat large, shirt 14, skirt 12 1/2 after 3 p.m. ask for Abrienne, \$15. 286-3485.

3bdus pants, size large/short, 2 new, never worn. 1-worn once \$15 each. 287-5131.

Drop ceiling for 1000 area patio 275, walls for patio rooms, make an offer; two tall bookcases \$65 each. 287-6236.

Encyclopedia w/ Atlas & worldbook dictionary, great for young school children \$150. 252-5531.

1 small & 1 medium animal travel case, airline approved, small \$15 medium \$25. 252-5531.

Tires, Fiero bra 1985 \$60 new, am/fm cass 8" TV Blk/white \$140. 234-5693.

Baby items, high chair, porta crib, walker and more. 269-3738.

Gracobaby swing \$15, foldup Graco playpen \$35, Century baby stroller, new, lightweight \$65. 260-4345.

Ladies 3-tone 18k gold Cartier design bracelet 48.2 grams, 1 inch wide \$1,350. 252-2370.

Edgar Rice Bourroughs book collection, misc. sciencefiction books, speargun, flippers, Coleman elect. cooler. 226-7577.

Women's shoes size 8-9, \$7-\$10, women's exercise clothes, window valances, tablecloth, taupe color, rectangle. 287-4788.

Rollerblade ABT in-line skates. new, size 8 \$245. 252-2582.

Recreational 7'x4' pool table w/ping pong table top, includes accessories \$120. 284-5222 after 5p.m.

Deep sea rods & reels tycoon finnor 7 1/2 & 9/0 reels with matching rods \$1,800. 252-2080.

Danish twin bed w/drawer, SC word processor, 14" Hitachi color TV, Danish entertainment set, Sony betamax, Sony compact disk. 236-0984.

Gameboy 7 games lots of extras exc. cond. 287-4546 lv msg.

2 box spring twin, new \$75 each. 252-2314.

Jaguar XJ6 custom car cover from Beverly Hills, new \$185 asking \$100/obo. 286-6136.

Little Tykes Island Cruiser tug boat, new \$60, Fisher Price baby monitor \$12. 282-3778.

Gym machine electronic up to 250lbs, new \$700, 9x12 carpet salm-on \$95, coffee table & end tables \$300. 260-1740.

Nintendo, mint condition box, controls, gun & 2 games \$50. 287-4214.

Mt bike many shimano parts \$175, Zenith 21" color TV w/ remote like new \$250. 287-5032.

Lamps, bar chairs, cd/VHS rach, Corningware set, food processor, misc. appliances. 229-2916.

1/3 diamond solitaire ring with appraisal, excellent condition \$600/obo. 289-3465 weekdays.

Bell mt bike helmet with jet pump. Model "Avalanche" \$99. 252-5525.

Swing set, good condition \$30, 14" Sony color TV, new \$200. 284-3670.

Car seat \$30, family computer game \$25, double cassette player \$35, 13" color TV Sharp \$100 no r/c. 287-4195.

Patio set incl. 3 rocking chairs, 1 chair, table & umbrella \$350. 252-2088.

SNES Hyperzone and F-zero \$30, Sony tape deck \$20, Bruno the bad dog \$20. 287-5332.

Ford 302 cylinder heads, 58LC chambers, closed chambers, early castings, make offer. 287-6484.

Kitchen appliances; microwave oven stand; clothes. 287-6420.

Curtains \$7, showercurtain & rug \$7, mini blinds \$15, male bike \$70, Female bike \$90, motorcycle helmet \$50. 286-3772.

Stroller \$8, crib bumpers \$6, changing table \$70, changing pad \$15, bottle warmer \$7, barbecue. 286-3772.

Coupon for weekend at Las Sirenas Beach cabins in Santa Clara \$125. 252-1257.

Kenmore microwave \$150, 18LB washer \$350. 252-1257.

Guitar \$30, ceramic angel candleholders \$20pr.; Amer. tourist luggage \$40, child security gate \$10. 286-3192.

Lawn mower \$75, wood framed mirror \$75, York stereo \$40, Guate-

malan native wall hanging \$35. 286-4498 after 7p.m.

Distributor for small block Chevy. points type, complete w/cap and rotor, yellow silicone accel wires \$35. 283-3485.

Radiator, 2core, small block Chevy, radiator will fit many GM cars \$45, head castings for small block Chevy \$30 set. 283-3485.

Fendertype amplifier, practice AMP \$250. 264-1678.

TREK 800 mt bike, 18speed, excellent condition \$300. 286-6178 after 5pm.

As cleaning, repair and more for cars and houses, low prices. 228-0201.

1970's Whites Goldmaster Metal Detector with 2 coils, case. No instructions, but in working condition \$250. 282-4688.

Numerous household and baby items. 286-3326.

Kolcraft baby stroller excellent condition \$60, vertical blinds for two family one story base housing \$150. 286-4625.

Surfboards, Channel 6'-10 channel island, 7'-10 channel island. 243-5777.

Cannondale M600 mt bike, tripple-butted frame, all accessories, like new, excellent condition \$690/obo. 287-5897.

Small sprayer compressor w/spray gun, vocomplete. \$175. 252-1096.

Baldwin organ with special sheet music \$1,100.00. 252-1096.

Guitar 3/4 size narrow fret board, great student instrument, with case \$250. 252-1096.

Boys winter coat \$20, ladies winter coat sz 14 \$10, bathrobe, new from JC Penny \$20. 262-7278.

Antique Seigerstrom upright grand piano, \$500, Yamaha clarinet \$175, used VHS & Beta tapes \$0.50 cents each. 252-2344.

Snorkeling fins & masks \$5, shoe fins, small, medium. 264-4975.

Secretary desk, metal w/ formica top, 3 drawers \$40. 233-1229.

Chevy parts: brake booster & alternator; like new \$225/175/obo. 252-6956.

Carpet cleaner equipment. 230-0008.

Microwave oven with stand for \$175. 284-4636.

Crib sheet sets: 7pc teddy bears design, \$50, 6pc Mickey/Minnie Mouse design, \$40. 287-4788.

Baby items playpen \$35, gates \$35 each, tub \$5, Century car seat \$25, Limo stroller for 2 \$100, Trike \$20, swing set \$25. 284-4384.

4-EA Yokohama LT radial LT 235/85 R 16, like new \$60 ea. 286-6346.

Bra for '85 Pontiac Firebird & repair manual, \$45. CB, \$35. 284-5693.

Seed spreader, pots & planters, reel-to-reel tape deck w/2 spkrs, more,

all exc cond. 223-7437 after 4pm.

Shop manual for 1975-1986 Toyota pickups & 4Runners gas & diesel \$15. 287-6820.

Huffy 18 spd bike, \$65. 287-3223.

Boy's bedroom set, woodgrain finish, headboard, 2 night tables, chest of drawers, desk w/bookcase & chair, \$500. 262-0471.

Ladies/men clothing, drapes, trumpet, accordions, exc cond. 223-7437 after 4pm.

Motorcycles

1991 Suzuki GSXR-750, low miles, 2 helmets, many extras, \$5000, 284-4082.

Vespa scooter, 145cc, \$500, 282-3924.

1981 Yamaha, 1100cc, good condition, \$1800 neg, 284-3818.

1991 Kawasaki ZR550, new tires and brakes, runs, looks good, \$2100 obo, 287-3625.

1993 CB250 Honda Nighthawk, 426 mi, brand new, helmet, gloves, needs battery, \$2800, 286-3399.

1986 Honda Rebel, exc, 250cc, \$850. 285-5020.

1989 Honda CBR600F, 10000mi, new paint, \$2000, 269-9297.

Patio Sales

Qtrs 7273-A Cardenas.

2069 4th St, Curundu, 7-12 Sat, misc.

Yard sales, 87-4195.

Qtrs 820x-A Balboa, 8-11am.

Qtrs 26A Amador, baby items, stero, bicycle, more.

Qtrs 278-A Albrook.

Qtrs 261-B Albrook, inside, 9am-2pm.

Qtrs 322-A Albrook, 7am.

Qtrs 275-A Albrook, 8-Noon.

Qtrs 106-B Albrook, Tupperware.

Qtrs 9 Clayton, tools, clothes, 8am-Noon.

Qtrs 629C Clayton, 8am-11am.

Qtrs 700-B Clayton, 7-Noon.

Qtrs 8-B Clayton, 7am-11am.

Qtrs 547-D Clayton, 8am-Noon, Saturday.

Qtrs 144-A Howard, Saturday.

Qtrs 107-A Howard, Saturday 8am.

Qtrs 122-A Howard, 8am-Noon.

Qtrs 662-B Howard, 8am.

Qtrs 144-A Howard, 8-Noon.

2519 Cocoli, Every thing goes.

Qtrs 437-A Kobbe, 8am-Noon.

Qtrs 805-B Farfan.

Wanted

Tame yellow or red head parrot, 282-3339.

Maid, full time, Mon-Sat, must care for dogs, birds, English required, 52-2676.

Boat owner to share land lease in Gatun Lake, boiho, great location, 52-2441.

Rhythm guitarist position, requires feeling only, Metal, Rock, 64-1678.

Male Christian roommate, E-5 or up, civilian pref, pay maid and cable fees, \$225, 60-9818.

Bilingual maid w/ references, live-in, cook, clean, iron, care for 9 yr old, 282-3483.

Person to share apt in Canal area, female pref, 232-5419.

Live in bilingual maid, must love children, pets, do ironing 86-4573.

Good English speaking auto mechanic, NOW, 52-2608.

Black F Cocker Spaniel, 6 to 10 wks old, reasonable price, 60-5809.

Roller Blades, size 5 1/2, reasonable, 60-5809.

Baby girl for Adoption- under 12 months. Contact Dara "anytime" 87-6275.

Person who can do hairweaving in the latest and different hair styles. Reasonable price. 284-3679.

Seamstress, weekend work my home, sew with or without pattern. Ref required \$25.00/day. 260-7708.

Brazilian Pine Furniture. 61-4872.

U.S. teenager to supervise three children, Mon-Fri 2:30-4:30, Albrook. 286-4871.

Someone to connect my VCR & TV to record cable & non-cable channels. 282-4839.

Horseback riders, for trail rides at Vera Cruz (near Kobbe) reasonable rates. 52-2889.

A baby umbrella stroller, highchair and playpen. Must be in excellent condition. 87-4119.

Maj. Hudson & Zola, #31 Albrook Prom 177-1979. We are back in Panama and want to locate our housegirl- "Pearl". Please call 83-3220.

Someone with experience with formica to change cupboard & table top. 52-2541.

Responsible maid w/refs to cook, do general house cleaning. 223-1069.

English speaking maid, live-in. Monday-Saturday. Must have references. 223-7111.

Day maid, Eng. speaking, reliable, with

Employment

HOW TO APPLY: Submit a SF-171, DD 214 if claiming veteran preference, a copy of college transcripts if claiming education and a copy of CASP notice of rating if applicable. Submit a copy of latest SF-50 if you are a Federal employee.

For more information regarding Army vacancy announcements (forms required, job related criteria, etc.), visit the Directorate of Civilian Personnel, Building 560, Room 102, Corozal, or call 285-5201.

*Note: One-on-one employment counseling should be the first step in the job search.

SPECIALIZED EXPERIENCE: Positions at NM-5 level and above require specialized experience. Specialized experience is either education above the high school level or work experience directly related to the position being filled. Example: Budget positions at or above the NM-5 level required Budget experience or equivalent education.

Vacancy announcements are also available at the Sundial Recreation Center.

Directorate of Civilian Personnel is accepting applications on a continuous basis for the following positions. Registers established from these announcements will be used to fill permanent and temporary positions.

VB# 001 * General Clerical, NM-3 (Used to fill most clerical position).

VB# 001A * General Clerical, NM-4 (Used to fill most clerical position).

VB# 002 * Sales Store Checker, NM-3 (Intermittent wk sch)

* CASP Examination (CEO, notice of rating) is required.

VB# 003 Recreation Assistant, NM-4 (Lifeguard) Requires Cert + 6 mo recreation exp in the field.

VB# 004 Recreation Assistant, NM-4 (Requires 6 mos recreation exp in the field).

VB# 005 Secretary (Stenography), NM-5

VB# 005A Secretary (Stenography), NM-6

VB# 006 Secretary (Typing/Office Automation), NM-5

VB# 006A Secretary (Typing/Office Automation), NM-6

VB# 017 Administrative Services Assistant, NM-5. Limited to permanent status employees only.

VB# 017A Administrative Services Assistant, NM-6. Limited to permanent status employees only.

The following positions are Perm/temp, Full-time, Part-time, Intermittent.

VB# 007 ** MEDICAL OFFICER, NE 12/13/14.

VB# 008 ** CLINICAL NURSE, (RN license required), NM-9/10/11.

VB# 009 ** PRACTICAL NURSE, (LPN license required), NM-5.

VB# 019 ** EMERGENCY MEDICAL TECHNICIAN, NM-6/40-4/5/6.

** Selectees for nurse, medical officer and EMT positions require a background check.

Pacific
VB# VACANCIES, TITLE AND LOCATION.
OPEN: 09-23-94 CLOSE: 10-04-94

202A-94-NC ENGINEERING TECHNICIAN, NM-802-7/8/9. HQ, USAG, DEH, Contract Div., Engineering Support Section, Corozal. NOTE: If position is filled below NM-9, promotion will be affected non-competitive. Driver's license required. Candidates applied under VB# 202-94-NC, need not reapply.

466A-94-KF BUDGET ASSISTANT (OA), NM-561-7. SENSITIVE, Temp NTE: 09-30-95. DCSRM, CBD Mission Spt Br., Ft. Clayton. NOTE: Security clearance is required. This vacancy announcement is amended to read recruitment from all sources, (Permanent and Temporaries). Candidates applied under VB# 466-94-KF, need not reapply.

467A-94-JH BUDGET ANALYST, NM-560-11. SENSITIVE, Temp NTE: 09-30-95. USAG, Deputy Chief of Staff, Ft. Clayton. NOTE: This vacancy announcement is amended to read recruitment from all sources, (Permanent and Temporaries). Candidates applied under VB# 467-94-JH, need not reapply.

470-94-VL (2) DENTAL ASSISTANT, NM-681-4. Temp NTE: 09-30-95. Intermittent. USA DENTAC, Dental HQ., Dental Clinic, Ft. Clayton.

471-94-NC SOCIAL SERVICES ASSISTANT (OFFICE AUTOMATION), NM-186-5. Temp NTE: 09-30-95. USAG, DCA/ACS, Ft. Clayton.

NOTE: VB# 468-94-ES CONTRACT REPRESENTATIVE, NM-962-7, is amended to read CONTACT REPRESENTATIVE, NM-962-7.

Club news

Quarry Heights

◆ **Officers' Club: 282-3439**

The club will be closed to the public for renovations through Nov. 20. Check cashing service for members will be available 10 a.m.-2 p.m. Monday through Friday. Additionally, a snack wagon will be available for short orders and during lunch hours 11:30 a.m.-1:30 p.m.

Amador

◆ **Club Amador: 282-4334**

All-you-can-eat lunch buffet, \$3.95 Fridays, featuring soup, salad, selection of entree, special return rights.

Sunday brunch features the Ballet Folklorico Panameno at noon the first Sunday of each month.

All-you-can-eat spaghetti lunch Wednesdays, \$3.95.

Clayton

◆ **The Loop: 287-3035**

CJ's Sports Bar offers **daily lunch specials** 11:30 a.m.-1 p.m. Mondays-Fridays. Pool tournaments are held 3:30 p.m. Sundays.

Prizm Night Club features a variety of music Wednesdays-Saturdays and jazz 5 p.m. Sundays.

For events or parties at the Prizm Night Club or CJ's Sports Bar, call 287-4716 or send a fax to 287-4343.

◆ **NCO Club: 287-4716**

The Forum Restaurant opens 5-9 p.m. daily.

Mexican buffet Mondays.

Steak night Tuesdays. A la carte menu is available.

Country buffet Wednesdays features barbecue pork ribs, fried chicken, pork knuckles, collards greens, sweet potato, rice, black-eyed peas and corn bread.

All-you-can-eat family buffet Thursdays.

Seafood buffet Fridays. Try the broiled lobster, garlic shrimp, deep fried corvina and stuffed crab.

12-oz prime rib special Saturdays.

Sunday buffet 4-8 p.m.

Free country and western dance lessons 7-8 p.m. Sundays and Mondays.

Disco 9 p.m. Wednesdays, Fridays and Saturdays. There will be a midnight buffet.

Albrook

◆ **Albrook Club: 286-3557/3582**

Tonight's entertainment features Lowell Hopper jazzing in the lounge.

Steak night 6-9 p.m. Fridays. Choose from rib eye, K.C. strip, filet or prime rib. Dinner comes with vegetable, baked potato, French fries or rice.

Prime rib dinner, 6-9 p.m. Saturday. Menu also includes: Cream of broccoli soup, garden salad, 12 oz. prime rib, baked potato, baby carrots, and sherbert.

Sunday champagne brunch 10 a.m.-1 p.m. in the dining room offers breakfast from cooked-to-order omelets, French toast, hot lunches, salad and fruits, peel-and-eat shrimp, desserts and ice cream bar.

Mongolian barbecue 5:30-8:30 p.m. Mondays. Choose the meat, vegetables, seasonings, oils and have chefs do the job outside on the open grills. Enjoy live music.

Italian night special 6-8:30 p.m. Wednesday.

Mexican night buffet 6:30-8 p.m. Thursdays includes tacos, fajitas, taco salad and sopapillas for dessert. After dinner dance the night way to country western music.

Country western night Thursdays with free dance lessons at 7:30-10:30 p.m. Learn the two-step, line and couples dances, the waltz, the cha cha and the swing.

Room service now available for guests.

Howard

◆ **Howard Officers' Club: 284-3718**

Weekday lunches includes buffet, salad and potato bar.

Friday's evenings in the lounge. Stop for beer specials, music, games and club card drawings.

Tonight-counter culture special dining Saturday.

King and Queen prime rib dining Saturday. Come out to the dining room for a hearty and delicious meal.

Dining room is closed Sunday through Thursday.

◆ **Howard Enlisted Members' Club - Dining Room: 284-4189**

Sunday breakfast buffet 8-12:30 a.m.

Breakfast is served 6-9:30 a.m. Mondays-Fridays; 7:30 a.m. Saturdays.

Saturday night gourmet specials 5:30-9 p.m. Saturdays. Take someone special to dinner featuring tableside preparation with tuxedo service.

Steak night special 5:30-8:30 p.m. Tuesdays. Select a cut and order a New York strip, ribeye or filet. All steaks are U.S. choice beef.

New family menu Tuesdays and Fridays featuring all the past favorites plus new items such as jerked chicken, hand made 1/2 pound hamburgers, baked ravioli and more.

Bang up barbecue daily in the Breezeway, dine-in or take-out. Try the ribs, brisket, chopped beef or spiced hot wings.

◆ **Howard Enlisted Members' Club Ballroom: 284-4189**

Disco Jet 4:30 p.m.-1 a.m. today. Relax and dance to music.

◆ **Howard Enlisted Members' Club Casual Cove: 284-4189**

Country 8 p.m. to closing Fridays. Dance or just relax to country western music in the lounge.

Saturday and Monday nights disco 5 p.m.-1 a.m.

Karaoke contest 7 p.m. Sunday, \$5 fee per entry.

Karaoke 7:30 p.m. Sundays, 8 p.m. Tuesdays.

Free Country and western dance lessons 7-8 p.m. Wednesdays in the Casual Cove. Learn the latest in line dancing, the stomp, waltz and others. Music will be until midnight.

Night mug special Wednesdays. Buy a mug filled with your favorite draft beverage and go back for refills.

Rock 'n' roll golden oldies 5-8 p.m. Tuesdays; 5 p.m.-midnight Thursdays.

Club card drawing 6-7:30 p.m. Thursdays. Members must have a card and be present to win.

◆ **Top Three Club: 284-4189**

Karaoke 6 p.m. Fridays.

Taco bar 5 p.m. Wednesdays. Free all-you-can-eat and complimentary taco bar.

Club card drawing 6-7:30 p.m. Thursdays. Members must have a card and be present to win.

Club closed Saturdays.

Rodman

◆ **Rodman Club - Open to all ranks: 283-4498**

Social hour 3:30-11 p.m. Fridays at the Laguna Lounge. Complimentary hors d'oeuvres served 5-7 p.m.

All-you-can-eat lunch buffet and grill menu 11 a.m.-1 p.m. Mondays-Fridays.

Monday night football 6 p.m. until game ends with all-you-can-eat taco bar at the Laguna Lounge.

Soup and sub night 4:30-8:30 p.m. Mondays. Grill menu is also available.

All-you-can-eat friedchicken 4:30-8:30 p.m. Wednesdays. Grill menu is also available.

Cook-your-own steak night 4:30-8:30 p.m. Thursdays at the Rodman Bohio.

Fine dining 6-9 p.m. Fridays-Saturdays.

Upstairs Bar 4:30-8:30 p.m. Sundays-Thursdays; 6-9 p.m. Fridays-Saturdays.

Dinner is served 6-9 p.m. Mondays-Sundays.

◆ **Rodman Annex: 283-4498**

Breakfast is served 6:30-8:30 a.m. Mondays-Fridays.

All-you-can-eat lunch buffet and grill menu 11 a.m.-1:30 p.m. Mondays-Fridays.

The club is closed for evening and weekend service.

Chapel schedule

Pacific	Gorgas Hospital	Atlantic
Amador Chapel Building 108, Phone: 282-3610 8:30am Catholic Mass (Sunday) 9:30am CCD Catholic, Building 109 (Sunday) 10:30am Episcopal Worship Service (Sunday)	Building 254, Phone: 282-5507 12:15pm Daily Catholic Mass (2nd floor) Weekday worship (As announced)	Davis Chapel Building 32, Phone: 289-3319 11:30am Catholic Mass (Tuesday-Friday) Noon Catholic Spanish Mass (Sunday) 1:30pm Protestant Hispanic Service (Sunday)
Clayton Chapel Building 64, Phone: 287-5859 11:30am Daily Catholic Mass 5pm Catholic Mass (Saturday) 8:45am Collective Protestant Service (Sunday)	Albrook Chapel Building 860, Phone: 284-3948 8am Spanish Catholic Mass (Sunday) 9am Confessions (Sunday) 9:15am Catholic Mass (Sunday) 9:45am Protestant Sunday School 11am General Protestant Service	Sherman Chapel Building 152, Phone: 289-6481 8:30am Collective Protestant Worship (Sunday) 10am Protestant Sunday School
Corozal Chapel Building 112, Phone: 285-6717 7:30pm Jewish (first Friday of month) 10am Hispanic Catholic Mass (Sunday) 1pm Pentecostal Worship (Sunday) 7pm Sunday School (Friday)	Howard Chapel Building 500, Phone: 284-3948 11:30am Daily Catholic Mass 4:30pm Confessions (Saturday) 5pm Catholic Mass (Saturday) 9:30am General Protestant Service (Sunday) 11am Catholic Mass (Sunday) 12:30pm Gospel Service (Sunday)	Espinar Chapel Building 224, Phone: 289-4616 9am Catholic English Mass (Sunday) 9am Protestant Sunday School at Espinar Elementary 10:15am CCD Catholic Sunday School at Espinar Elementary 10:15am Collective Protestant Worship (Sunday) 11:30pm Gospel Sunday School 12:20pm Gospel Service (Sunday) 6:30pm Gospel Bible Study (Sunday)
	Rodman Chapel Building 40, Phone: 283-4148 8-9am Catholic Mass 10-11am General Protestant Service (Sunday) 11:15am Protestant Communion (Luthern Tradition)	Islamic Prayer Services 12:30-1:30 p.m. Fridays, Fort Clayton Chapel. 287-5859.