

Checks not in the mail

The U.S. Embassy announces that Civil Service retirement check numbers CSF 017 35 71 W to CSA 208 69 26 have been canceled by the U.S. Treasury. Replacement checks are being reissued. The embassy expects the checks will be reprinted and shipped as soon as possible.

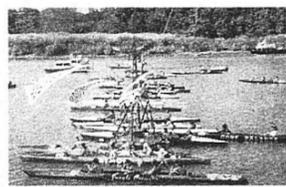
Commissary

The Corozal and Howard AFB Commissaries will be closed Friday in observance of Good Friday. Plan to do your shopping accordingly.



Sports

Page 6-7: Trophy boats begin paddling from Gamboa to Las Cruces during the third and final day of the 45th Annual Ocean-to-Ocean Cayuco Race Sunday.



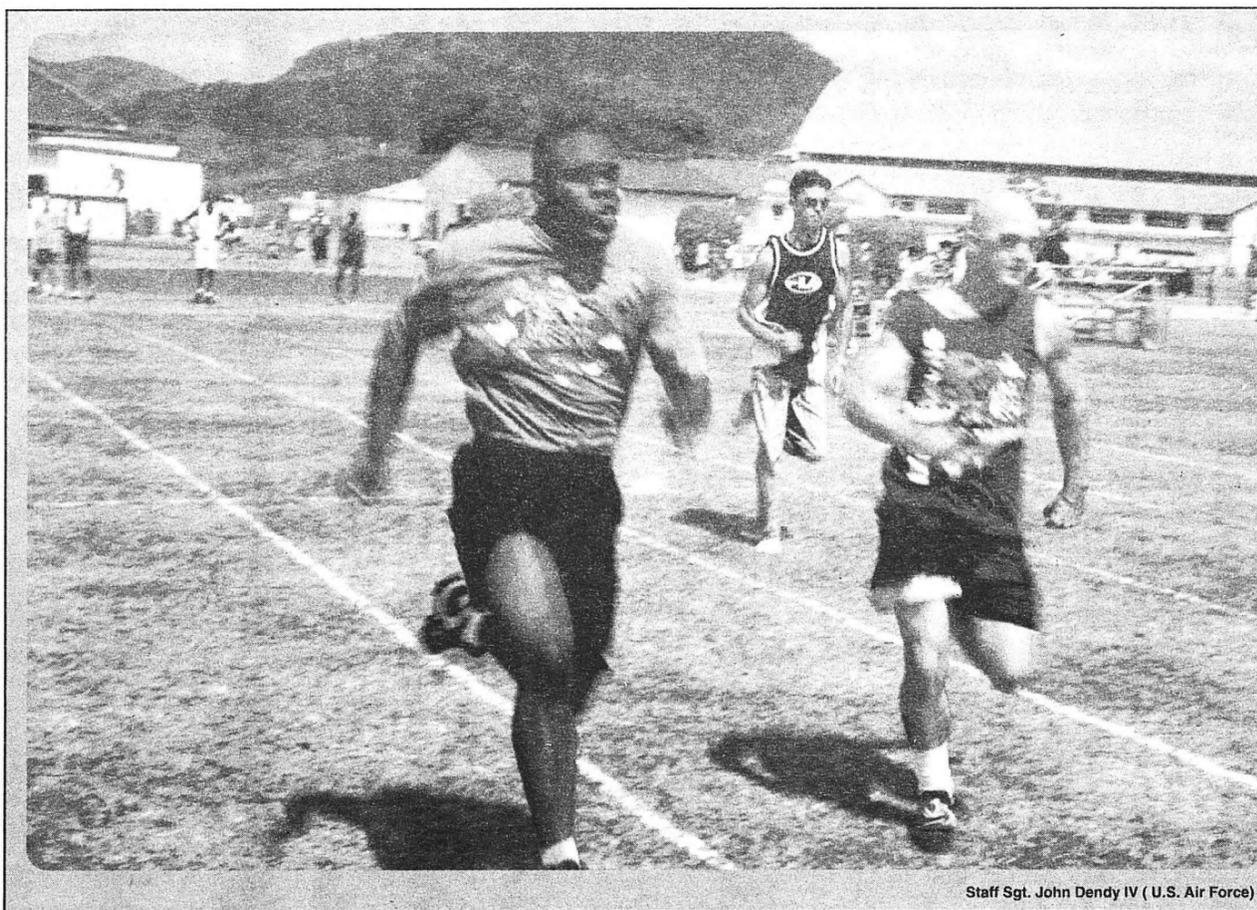
Tropic Times

Vol. XI No. 14

Fort Clayton, Howard Air Force Base and Rodman Naval Station Panama Canal, Republic of Panama

Thursday, April 9, 1998

Serving the Joint Community



Staff Sgt. John Dendy IV (U.S. Air Force)

By a nose

Runners sprint across the parade field during the 100-yard dash, part of the annual Sports Day activities at Howard Air Force Base April 3. After the day's 17 events had culminated, the 24th Medical Group stood alone at the top. For more on Sports Day, see Page 10.

Bottom line: SOUTHCOM will comply with treaty

'Way Ahead Workshop' designed to inform entire community

by Sgt. 1st Class Chris Calkins
NCOIC, USARSO Public Affairs Office

FORT CLAYTON — The Valent Recreation Center was the site April 2 for the second in a series of quarterly U.S. Army South Commanding General's "Way Ahead Workshops."

During the three-hour meeting, attendees were briefed on several key issues important to the community.

Among those were briefings by subject matter experts on topics such as treaty implementation, tour lengths, the USARSO housing drawdown plan, the future of the Department of Defense Dependent School system, medical and dental services available now and in the future and quality of life issues for Air Force, Army and Navy service members and their families.

Col. Stephen Runals, USARSO chief of staff, opened the session by encouraging everyone to maintain maximum flexibility as drawdown approaches.

He also reiterated the workshop's three main objectives:

- ◆ Update the community on theater-wide drawdown planning and milestones,

- ◆ Update the community on support available during the drawdown, and

- ◆ Identify the community's quality of life issues, concerns and solutions.

"We don't necessarily have all the answers, but I can promise you that when we do get them (answers), we'll do whatever it takes to get the information out to you," Runals said.

"Service members become accustomed to change; it's a part of our life. But the people most affected by the uncertainty around us is the civilian workforce and I want each and every one of them to know we will do everything possible to help them in any and every way we can."

Col. Stephen Runals
USARSO chief of staff

each and every one of them to know we will do everything possible to help them in any and every way we can," Runals said.

Following Runals' opening remarks, Lt. Col. Kevin Saderup, deputy director, U.S. Southern Command Center for Treaty Implementation, told the assembled crowd the drawdown will continue, regardless if the

proposed Multinational Counterdrug Center comes to fruition or not.

"Dec. 31 is the only firm date we are dealing with. The bottom line is this: SOUTHCOM will comply fully with the treaty," Saderup said.

Tour lengths and restrictions were then discussed by Sgt. 1st Class Lorenzo Daetz, noncommissioned officer in charge, Deputy Chief of Staff, Personnel.

Daetz said only those soldiers being assigned to units that are either inactivating or relocating to CONUS, will begin unaccompanied tours June 1, 1998.

"Other soldiers, on orders for units scheduled to move with the Army Service Component Command or ASCC — what USARSO will come to be known as — will continue accompanied tours until Dec. 31, 1998," Daetz said.

The USARSO Housing Drawdown Plan, explained by Lt. Col. Patrick L. Staffieri, director, Engineering & Housing, triggered many questions and comments from the crowd.

Many were in relation to the courses of action that will ultimately mothball the Fort Clayton 700 Housing Area and turn the 600 area into unaccompanied housing for single soldiers current living in Cocoli.

One such concern was voiced by Karla Young Phillips, a 600 area resident and a Family Support Group coordinator with the 252nd Signal Company.

Phillips asked Staffieri if families could stay in the 600 area if they so desired, even if single soldiers would

See "Way Ahead," Page 3



(Courtesy)

Very special audience

The Mayor of Panama City, Mayin Correa, and her son, James Woolford C., Naval Station Panama Canal safety manager, are received by Pope John Paul II. Mayor Correa and her son were invited to the Vatican March 25.



Sgt. 1st Class Chris Calkins (U.S. Army)

Change of command

Capt. Carol M. Tschida, outgoing commander of Headquarters, Headquarters Company, Theater Support Brigade, passes the company guidon to Col. Richard B. Thomas, TSB commander, during a change of command ceremony April 3 on Soldiers Field, behind Building 95, Fort Clayton. After receiving the guidon from Tschida, Thomas then passed it on to Capt. John W. Long, the company's new commander.

VOLUNTEER OF THE WEEK

FORT CLAYTON — Ethel Piñeiro is the U.S. Army South Volunteer of the Week for her outstanding support to the community.

She is the mayor of Green Valley, a child care monitor and a contact person for the 79th Army Band Family Support Group.

She is also a dental assistant at the Howard Dental Clinic, a Cub Scout Den Leader assistant, a youth coach, and an instructor and record manager for Army Family Team Building.

What Piñeiro said she enjoys most about volunteering is the training and new tasks that challenge her capacity as a person and the opportunity to meet new enthusiastic volunteers.

Her hobbies include softball, volleyball and coaching.

She said her major accomplishment has been planning, organizing and carrying out Pride Day 1997 for more than 200 Green Valley residents.

From ordering supplies and refreshments, issuing duties and working side by side with soldiers and family members, she has remained smil-



Sgt. 1st Class Chris Calkins (U.S. Army)

Ethel Piñeiro is this week's Volunteer of the Week. A native of Nicaragua, she is married to Staff Sgt. Eduardo Piñeiro.

ing and ready to assist when needed.

Piñeiro said her most rewarding experience is to know that along the way, her individualism has permitted her to work and help others in one way or another.

A native of Nicaragua, she is married to Staff Sgt. Eduardo Piñeiro. They have two children: Emmanuel, 8, and Isabel, 3.



Spc. Ali Leone (U.S. Army)

Retirement ceremony

Col. Stephen E. Runals, U.S. Army South chief of staff, presented Chief Warrant Officer Clayton R. Parker Jr., deputy chief of staff for logistics food services officer, with a Legion of Merit during his retirement ceremony March 30 at the Simon Bolivar Conference Room in Building 95, Fort Clayton. Parker served 32 years in the military.

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'Our Job is to Care'

24th Medical Group explains current, future medical/dental care

(HOWARD AIR FORCE BASE) — In a little more than a year from now, the redeployment of forces from Howard Air Force Base will be in full swing. Active duty and many civilian members of Team Howard will be leaving. You may have heard about the gradual phase down of support services, the closure of the flightline and an orderly taking down of the facilities at Howard.

How will this affect your health care? What kinds of health services will be available? What plans have been made to take care of you and your family members if you get sick during the last phases of the closedown? Which of the clinical facilities will be open? Will there be any changes in the way TRICARE reimburses for services obtained on the civilian economy close to closure? How should people plan for their relocation to CONUS?

To answer those questions and more, officials from the 24th Medical Group have provided the following information:

What kinds of health services will be available as we get ready to depart?

Everything that is available now. The military medical care program in Panama has a strong primary care clinic system, and the full services of the largest and best civilian health care organizations in Panama behind it.

These are provided under arrangements called memoranda of understanding. Because of the MOU's, we have been able to provide health care with relatively few people who will need to PCS back to CONUS. This means we don't have a massive military presence to disassemble and take back.

Because the 24th MG has relatively few people (391), we can remain here longer, continuing to arrange the care that we can't provide on base.

Also, the MOU's don't have fixed expiration dates, like contracts would have. That means even if plans change, we will still be able to deliver care beyond Dec. 31, 1999, if that becomes necessary.

When will the Clayton Clinic close?

There are no plans to close the Clayton Clinic facility until virtually all the family members have left. The number of people left on Fort Clayton will decrease dramatically after May 1999, and we will be under pressure to move our operations to Howard so the Clayton closure program can proceed smoothly.

We will stay as long as we can, but toward late June 1999, when there are few folks left on Clayton, the outpatient clinic services will shift to Howard.

Because we have an MOU with a large civilian ambulance service, a call to 281-HELP will still get an ambulance anywhere on the East Bank right through closure. We are already moving the Corozal Mental Health Clinic into Building 519, so there will be fewer different facilities needing shutdown.

The inpatient service will be closed at Howard around May or June, also.

Remember, the flightline will be closed after March 1999, and air evacuation flights will be arriving at and

leaving from Tocumen Airport after that time.

Capable inpatient care and excellent surgical services will be available in Panama City to replace the inpatient service at the Howard facility, and the emergency room will remain open until August.

TRICARE will continue to fund the liaison officers at the downtown facilities right through closure, so individuals hospitalized downtown will continue to have access to translation services and help in communicating problems and resolving disputes.

Will services continue to be paid for by TRICARE the way they are now through the end of our stay in Panama?

Yes. The same rules about reimbursement will apply. Since there will be military primary care providers available right through the deployment of our families, the Referral for Civilian Medical Care form (DD Form 2161) will still need to be coordinated with the TRICARE Office for all but true emergencies downtown.

Many of the administrative functions of the TRICARE Service Center for Latin America and the downrange personnel are being relocated to Region 3 in Miami before we redeploy, so there should not be a big gap or delay in services when the TRICARE Service Center in Panama is being closed.

How do family members learn about TRICARE services in the region they are PCSing to?

As soon as you have a good idea where you are being PCS'd to, even before you have orders, call the TRICARE Office or visit the offices at either Fort Clayton or Howard to get information on how to relocate. By 1999, all areas of the CONUS will have TRICARE contracts stood-up.

"Portability," the ability to wait until you arrive at your new PCS base to disenroll at Howard and re-enroll in your new region, is an important feature of the program.

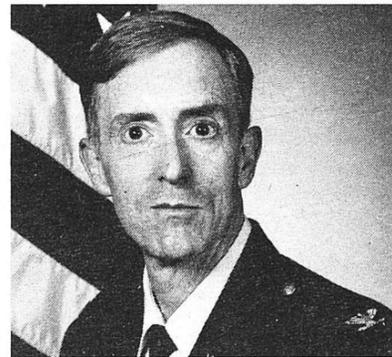
Between now and then, since there are still a few areas that don't have their TRICARE contracts up and running, call 284-6977 or 284-5514 for information. If you are in the CONUS, call 1-888-777-8343, Ext. 2.

It is very important for you to have your TRICARE PRIME Enrollment Card and the TRICARE Passport with you at all times when you are traveling, TDY or PCS.

The information contained in those two items can make it much easier to get information about health care, and the care itself, when you need it, whether you are traveling stateside now, or going to PCS with your family in 1999.

The 24th MG's TRICARE Office mailed 11,000 of these to all the enrolled members, including family members, in December and has been issuing them to each new enrollee since then.

If you don't think you got one, or can't find it, please contact the TRICARE Office at 284-6977 or 284-5514.



Col. Terrance J. O'Neil, commander, 24th Medical Group.

(Courtesy photo)

OK. So the capabilities for primary care and referral will be pretty much as they are now, right through June 1999. Does this mean it isn't necessary to plan ahead?

Absolutely not! If there is one thing that every military family knows, few things go "business as usual" around PCS time. It would be wise to try to relocate them to the CONUS early, especially if you have family members with special health needs. Seriously consider not asking for a DEROS extension if you have family members with serious health problems or special educational needs. Although we will be doing everything within our power to give every family the best care possible, right through the end, if someone in your family has needs that require a lot of medical care, getting that care could mean a lot more trips into Panama City toward the middle of 1999.

Investigate what the TRICARE capabilities are for those special needs in the area you are PCSing to. Consider having your family move to CONUS as early as possible if there are special medical needs, so they can be setting up a household and getting established with the TRICARE health care system while you are completing the closing of your shop at Howard.

Since air-evacuations will be going in and out through Tocumen for the past few months, individuals who have conditions requiring repeated air-evac to and from CONUS referred facilities will be especially affected by the change.

Everyone on chronic medication needs to assure they have at least a six-month supply of their medications on hand beginning in April 1999. Pharmacy stocks can be expected to be running low in the last few weeks of our presence in Panama, and that would not be the time to run out of a difficult-to-obtain important medicine.

The unit emblem of the 24th Medical Group reads "Our Job Is To Care." We intend to do that, right through the drawdown of the U.S. military community in Panama and the closure of the installations. Thoughtful planning and preparation on the part of our active duty members and their families will help make unbroken continuation of high-quality care possible. We are working with you to make this happen.

'Way Ahead Workshop' meant to inform community

Continued from Page 1

families and single soldiers is not a good idea," Thomas said. "We understand no plan is going to make everyone happy, but we will continue to make decisions we feel are for the good of the community," he added.

Current and future medical and dental care was next explained by Col. Terrance J. O'Neill, commander, 24th Medical Group.

O'Neill said because there are approximately 2,800 more active duty service and family members than was projected for this point in time, the 24th Medical Group has added four primary care physicians, two pediatricians, one OB-GYN physician, one Air Force orthopedic surgeon (July, 1998) and has the authority to hire six civilian dental technicians (for more on the future of medical/dental care in Panama, see story above.)

Changes in the 1998-99 school year

calendar are also in the works, according to Dr. Charles Renno, assistant superintendent, Department of Defense Schools.

"Schools will close May 20, 1999, which means the early leave date for next year's students is April 30," Renno said.

He also said the first semester will conclude Dec. 21, 1998 — with an early leave date set for Dec. 1.

The school year will begin, Renno said, sometime in the Aug. 17 - 20 time frame.

"What we ask everyone to do is plan ahead and notify the school at least 30 days prior to the date you intend to leave," he said.

24th Wing services and Army and Navy Morale, Welfare & Recreation programs were next on the agenda.

Basically, the three services presented a timeline for operational closure of their respective facilities.

The Howard Club, for instance, is slated to close Jan. 1, 1999, while several other services will remain open through the summer of 1999.

At Rodman NS, virtually all MWR programs will cease to exist after Feb. 28, 1999.

Odette Ortiz, assistant director, Community Activities, said all the majority of Army MWR programs that are adequately used will continue to operate through June 30, 1999.

She also said consolidation of some programs will allow for continued operation with a smaller staff.

"What people need to remember is that the Air Force services and Army/Navy MWR programs are theater-wide ... and they have a quality of life effect on all of us," said Pamela Robinson, workshop coordinator.

"If something is closing on one side

of the bridge, make an effort to see if that same program or class is being offered somewhere else," she said.

Command Sgt. Maj. Arthur J. Laughlin, Theater Support Brigade command sergeant major, one of several leaders at the workshop, said quality of life issues are vitally important to all commands here.

"We can't fix problems if we don't know they exist. We are asking for everyone in this great community to tell us what services, programs and issues are important to them. We are in a time of great transition, and we need everyone's help — on both sides of the bridge — to make sure things go as smoothly as possible for the entire community," he said.

(Editor's note: Look for a "Quality of Life" page in next week's Tropic Times. A survey will be included to help identify key issues and concerns.)



Daniel Amores (Tropic Times)

Range success

Active duty Air Force members deployed from CONUS clear the Balboa West Bombing Range of scrap and target material. According to Maj. Reynold N. Hoover, commander, Task Force 111 (EOD), the continuing unexploded ordnance (UXO) clearing efforts on the ranges has seen the U.S. government spend 6,000 man hours, remove 85,000 pounds of scrap and target material and dispose of 365 pieces of ordnance on the ranges deemed too hazardous to move. A total of 90 acres have been officially cleared.

Voices The Way I See It

by Tech. Sgt. Rick Burnham

24th Wing Public Affairs Office

HOWARD AFB – Officials from Paramount Studios called this week to notify me that I am one of only four people on the planet who have not seen their movie "Titanic."

Notables on the list include a 93-year-old salmon fisherman from Anchorage, Alaska, and a Buddhist Monk who lives in a cave in central Mongolia. The other is my wife.

On Monday, the list will dwindle to three.

After much tormenting and pestering and pleading and nagging, my wife has finally convinced me to go see the movie. I've promised her that the next time Titanic comes to the Howard theater, we'll go.

Staying away hasn't been easy. For months and months, friends, coworkers and neighbors have showered me with superlatives about the movie.

Among them: "You'll laugh." "You'll cry." "You'll keep going back to see it until you're homeless." "Leonardo DeCaprio should have been nominated for an Oscar." "Great Special Effects." "Man that theater is cold."

I probably will laugh during the movie ... I laugh at all movies. Being able to see the humor in every situation is a gift, I guess.

Like the time in "The Ghost and the Darkness" when the lion dragged Michael Douglas out of his tent and swallowed him whole.

Or when Gweneth Paltrow got her noggin chopped off by Kevin Spacey in "Seven." Classic stuff.

I will not cry, though. Real men do

not cry in movie theaters. Not for "Kramer vs. Kramer," not for "The Brian Piccolo Story," not for "Schindler's List," and certainly not for "Titanic."

I did cry during "Home Alone," but only because I was laughing so hard when McCauley Caulkin set Joe Pesci's hair on fire with a blow torch.

My wife, on the other hand, will almost certainly cry. She has cried for virtually every movie she's ever seen, from "Steel Magnolias" to "Forrest Gump."

For me to see "Titanic" more than once, it will have to be good. And when I say good, I mean "Raising Arizona" good, or "Animal House" good, or "Happy Gilmore" good. Just because the movie won 23 Oscars doesn't necessarily mean it's a good flick.

For example, look at "Caddyshack." Arguably the best movie of all time, and it never won a single Oscar, a clear injustice if ever there was one. (I laughed so hard I cried when Bill Murray ate the chocolate bar in the bottom of the pool.)

Which brings me to Leonardo DeCaprio. I can't figure out what's all the fuss about this kid, who looks like my 12-year-old nephew.

I say Adam Sandler from "Happy Gilmore" would have been much better in "Titanic" than DeCaprio.

It will be interesting indeed to see if he goes down with the ship into the icy Atlantic.

Which brings me to the cold theater.

But that's another story all-together. See you at the movies.

Reminders for firearm owners

FORT CLAYTON (USARSO PAO)–

Under Panamanian law, the Judicial Technical Police issues firearm permits for off-post. Interested parties must submit the following documentation:

- ◆ A completed form requesting the permit from the PTJ director. Forms are available at the Law Enforcement Activity, Military Police Investigations Section, Building 131, Fort Clayton.

- ◆ Photocopy of bilingual identification card

- ◆ Three identification card-sized pictures

- ◆ Proof of ownership (purchase receipt, bill of sale or a certification that the weapon has been donated or transferred.)

- ◆ Receipt of payment of registration fees. This permit is valid for three years and cost \$33, at a rate of \$11 annually. This payment must be made at the Banco Nacional de Panama. Location for the Pacific community is at Balboa, and for the Atlantic community it is either the New Cristobal Area (across from the post office) or at 9th and Bolivar Streets in Colon.

- ◆ If the weapon is being registered for the first time, it must be physically taken to the PTJ with three bullets for a ballistic check (the PTJ will keep the weapon for approximately two weeks).

- ◆ The PTJ will run a local police check on every individual requesting a firearm permit.

- ◆ A letter, issued by the requestor's commander, stating that the soldier or civilian is assigned to his/her unit. Each firearm permit can list up to nine weapons.

The authorized calibers for privately owned weapons are:

- ◆ Pistols: Cal. .22, .25, 7.62, 7.65, .380, .40, .45, 9 and 10 mil;

- ◆ Revolvers: Cal. 22, 32, 38, 45, Magnum 357, .41 and .44;

- ◆ Shotguns (hunting): of one and two barrels or air-type pellet guns;

- ◆ Hunting rifles; and

- ◆ Carbine: Cal .22 extra long

The firearm permit is issued to carry the weapon concealed. The right to carry a weapon does not entail the bearer to carry it inside governmental offices, commercial establishments, consulates nor private homes (unless specifically authorized to do so by the home owner).

Owning a weapon off-post is different from owning one on-post. U.S. Army South Regulation 190-28 states that any person who stores, transports or uses a firearm on a USARSO installation must register the firearm within three duty days after acquiring the firearm or after arriving in country.

Military personnel residing in the barracks or transient quarters must store their firearms in their unit's arms room. Personnel who reside in family housing may store their firearms at their quarters.

Privates through staff sergeants must first obtain their commander's approval. Civilian employees in the grades of NM-1 through NM-6 must obtain approval from a lieutenant colonel or GS-13 supervisor. All others may register their firearms without command approval. Storage of firearms in an automobile, office or with another person in their quarters is specifically prohibited.

When transporting a weapon on-post in a vehicle, the firearm must be stored in the trunk compartment, when so equipped or out of immediate reach of the driver and all passengers in the storage area of cars without trunks. The weapon may also be transported in a locked gun case or other locked container inside the vehicle.

During on-post transportation, all firearms must be unloaded and the ammunition kept separate from the firearm.

Registered gun owners on-post may not transport a weapon off-post unless they have a current permit for the weapon issued by the Republic of Panama.

For information about on-post registration call the Firearm Registration Office at 288-4545 and for off-post registration call the Military Police Investigations Section at 288-7275.

Kensinger: A time of historic transition

JTF-Panama commander asks for patience, continued effort during these 'uncertain times'

Commander's Corner

by Maj. Gen. Philip R. Kensinger Jr.

Commander, Joint Task Force — Panama

FORT CLAYTON — As I approach the anniversary of assuming command of both U.S. Army South (USARSO) and the JTF-Panama, I am reminded daily of what an honor and privilege I have been afforded to command such a tremendous organization of dedicated, top-notch professionals.

I never forget that I am part of a great team, and without the consistent and constant efforts of all individuals, we cannot succeed. That's why it's such a fantastic achievement that for the third year in a row, USARSO has been named a winner of the Army Community of Excellence Award.

This is a tremendous accomplishment, especially in such turbulent times as we are experiencing, and an honor in which each and every USARSO member can take full credit.

I've known all along that we are a first class, caring organization — and now the entire Army knows it, too.

I am aware of the uncertainty and, in some cases, doubts and fears shared by many members of the JTF-Panama team, especially in trying to foresee what will occur in Panama and beyond.

I wish I could just answer all of those questions, once and for all. But, I am still unable to do this.

Nevertheless, I can and will provide the information I do have. You have my absolute, unequivocal assurance that as more information becomes available, I will use every means at our disposal to ensure that this information gets out to you, as rapidly and accurately as possible.

Let me tell you what I know. First, the status of the Multinational Counterdrug Center, or MCC. I am certain that you have heard reports that either the MCC is a certainty, a "done deal" or other reports that the MCC won't be established in Panama.

Neither of these reports is accurate. The MCC is still being negotiated between the United States and Panama.

There are issues to be resolved and it is possible that they can be resolved in time to create the center before noon, Dec. 31, 1999. And it's also just as possible they won't.

You, like me, must await the outcome of these negotiations. In the meantime, speculation about what

"Take steps to protect your interests and your family, but don't jump over the rail until you know for sure where the ship is heading and where you ultimately want to land. To make those decisions, I reiterate: you will get the information just as soon as I receive it."

Maj. Gen. Philip R. Kensinger Jr.
commander, JTF - Panama



will or won't happen isn't productive.

Second, the pending USARSO move to Fort Buchanan, Puerto Rico. You may have heard that the Senate has written to the Secretary of Defense and asked DoD to freeze spending on this move. That's correct.

You may also have heard that the move is not going to be ultimately approved, that USARSO will either go to another location or be disestablished altogether. I can positively report to you that none of those rumors are true.

DoD is again studying whether the proposed move to Puerto Rico is economically efficient and makes sense, but there has been no decision to change our course. Further, the Commander in Chief, U.S. Southern Command, as well as the Army leadership, are still strongly committed not only to ensuring the continued vitality of USARSO as a major Army command headquarters, but also its move to Fort Buchanan.

Until we receive clear direction otherwise, our mandate is to stay on course. And that's exactly what we will do.

Finally, let me acknowledge the obvious: we are living through a time of historic transition. We are fulfilling our sworn words through the 1977 Panama Canal Treaty.

Through our efforts, the United States will successfully accomplish its mission to revert the Panama Canal to Panamanian control. We cannot lose sight of our ultimate objective or fail to realize it.

As commander, I have a dual responsibility: ensure mission success, and take care of the people who

make mission success happen. That means all of you.

It's easy during a turbulent time to become confused and frustrated. I personally share your concerns and frustrations.

Not knowing with certainty what will occur to your position and your organization only heightens these feelings.

Yet, we have work to do and it's with great pride I can report we have not slacked an inch.

I can't predict the future any better than any of you. But I can offer my advice.

To those who may have plans based on a continued military presence in Panama after 1999, I counsel you not to rely solely on such expectations.

To those who wonder whether they should plan now to find other employment, I advise you not to rush to judgment on the fate of USARSO.

Take steps to protect your interests and your family, but don't jump over the rail until you know for sure where the ship is heading and where you ultimately want to land.

To make those decisions, I reiterate: you will get the information just as soon as I receive it.

Let me conclude by again thanking each one of you personally for doing such a remarkable job for your command and the United States.

You have shown tremendous dedication to duty, selfless devotion to mission accomplishment and uncompromising professionalism.

By earning the ACOE award, all of your co-workers know it. The Army knows it. DoD knows it.

Of course, I've known it from day one.

Fort Sherman soldier unhappy with some shoppette prices

Letters

Dear Editor,

I want to complain about the prices at the Fort Sherman shoppette. I am a soldier assigned with the 245th Support Battalion. I am stationed at Fort Sherman every other month.

The prices at the shoppette at Fort Sherman are twice as high as the prices at Fort Clayton or Corozal.

Why is that?

I think someone should look at the prices and make sure they aren't hurting us over here. For example, the price for a can of tuna fish on Corozal is 55 cents — on Fort Sherman it is about one dollar.

Please help us at Fort Sherman. At times, the shoppette is out of milk, bread and meat.

Either lower the prices or help do something for the soldiers on Fort Sherman.

Just because we are over here does not mean we should have to pay outrageous prices — I think that's wrong.

We have to bring bags of food here to support ourselves.

We cannot afford to pay the high

prices. Thank you very much. I hope to see or hear from you in the future.

A concerned troop

Dear troop,

Thank you for allowing me to answer your concerns about the prices at the Fort Sherman Shoppette. I spoke with Mr. Knox, the community officer for Fort Sherman. He explained in detail how he has worked at improving the quality of services available to the soldiers on Fort Sherman.

The Army and Air Force Exchange Service, working in conjunction with the Defense Commissary Agency have developed a list of not more than 100 line items, available from the commissary, for sale at the Fort Sherman shoppette.

AAFES charges five percent over the cost of the particular item from the commissary. This cost is calculated after the additional five percent is charged from the commissary.

If an item is at zero balance at the commissary, AAFES will draw the item from the AAFES stock and

charge the normal AAFES price.

It is important to understand that AAFES is a non-appropriated fund operation and the commissary works with appropriated funding. This means that spoilage affects their "bottom line."

Because of this, items that spoil often run in short supply. If a commissary item runs out the manager works hard at restocking the item as quick as it is available.

Knox also stated that a local vendor sells bread on Fort Sherman daily.

As for the cost of the tuna fish, you were correct in the fact that the price was too high.

As a line item from the commissary and with the additional cost added, a can of tuna should be priced at 70 cents.

It was mismarked 80 cents. After this was brought to the manager's attention, the problem has been fixed.

If you have a question about prices, want to see what items are available from the commissary or you want an item added to the list from

the commissary, talk to the shoppette manager.

The staff at the Fort Sherman Shoppette are there to serve you. If they receive your input, they can better serve you. Please communicate with them.

Questions or concerns on Fort Sherman can be referred to Knox at 289-6947. Thanks again for your concern.

Sgt. 1st Class Michael Kewley
Community NCOIC (288-5913)

Kudos Corner

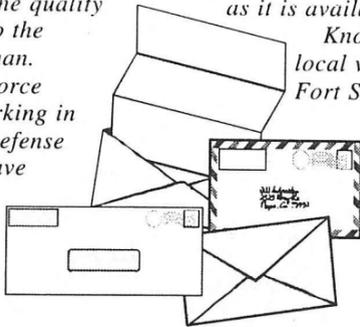
Dear Editor,

Many thanks — mucho kudos — to everyone who made the "Teen's in the Real World" conference held at Santa Clara last weekend possible.

We were able to hear a minute-by-minute of the entire weekend and from the reports we received, the entire weekend was a big hit with all the kids lucky enough to go.

Thanks again. It's not everywhere we have teen centers on both sides of the bridge where young men and women really are the total focus.

Thankful Mom and Dad





Composed of Tom Herring, Bobby Huerbsch, Ruben Prieto and Mike Commeau, *Due Process* was the overall winner of the 45th Annual Ocean-to-Ocean Cayuco attracted all kinds of teams, including *Snafu*, which was a two-time winner in 1967-68. All four team members came back to Panama this year to compete once

Cayuco Race winner comes in 'Due

All 49 teams considered winners during 45th paddling of Ocean-to-

by Marti Ostrander
USARSO Public Affairs Office

DIABLO HEIGHTS — As the gun went off, 49 cayucos raced to a desired victory — 32 cayucos paddled 50 miles for a trophy and another 17 for a patch on a three-day, ocean-to-ocean race that ended here Sunday.

It's the 45th version of the Atlantic to Pacific Ocean race.

On Friday's first day of competition, Brig. Gen. Robert Wagner, commanding general, Special Operations Command South, — he was also a paddler — pulled the trigger for a clean, clear start, and the beginning of a close race, where three boats were side by side most of the time for the first place spot.

Defiance won the first day; *Due Process* the second and the *Misconception* won the third and fourth legs while

Due Process won the fifth one.

Overall?

The *Due Process* took first place, with a crew of Tom Herring, Bobby Huerbsch, Ruben Prieto and Mike Commeau, while the *Defiance* took second, *Misconception* third, *High Anxiety* fourth and *Rio Senales* fifth.

But the race is not only for guys.

Three of the top 10 boats are filled with females, with the *Almost* running right along with the men.

Overall, the *Almost* came in sixth, and first in the female category.

The crewmembers are Annemarie Fisher, Jackie Barnash, Megan Higgins and Natalie Martinez.

The *Deception*, the *Predator*, *Jungle Crews* and the *Short Cut* followed them, in the female category.

In the coed category, the *Sudden*

Impact took the first place trophy, with a crew of Thomas Page, Cambry Sanchez, Carlos Morales and Alejandro Gutierrez, followed by the *Spontaneous Combustion*, *Final Most* and *Delfin* in fourth place.

A great event

But the race is only the tip of the event's iceberg. Three months of hard training is what gets everybody in shape to paddle the 50-mile stretch.

"This is the greatest event we have because of all the work everybody puts in getting ready, the hard work and preparation it takes.

And it's one of the hardest things the kids do at this point in their life," Wagner said.

"It's a pretty meaningful accomplishment, too. Where else can you paddle

from the Atlantic to the Pacific, through a Canal, with the teamwork needed?" he said.

And every cayuco crew, it seems, has a story to tell. Some are even true, most are funny, a few are sad, and some of them can be called unique.

That is the case of the *Snafu* crew, now a patch boat, who are paddling together 32 years later.

Yes, they paddled in 1966, won the race in the Bejuco, and now are back together.

The four crewmembers all flew from different parts of the United States for the "reunion."

They practiced only for a week, but as one of the crewmembers said, "paddling is like riding a bike; you just never forget."

How do they feel to be here? "Excited. This is really thrilling," said the captain, Fred Garcia. And the other ones seem to agree.

For Theodore Henter, the race is just another adventure. Paddling in the *Slave Galley*, nobody could tell he is visually impaired.

And no one can say that the race is not a family event. In the patch category, the *High Anxiety*, winner distinguishes itself for having among its crew Wagner, daughter Annie, son Van, and the general's aide, 1st Lt. Sam Fiol.



Marti Ostrander (U.S. Army)

The winning team in the female division was the *Almost*. They finished the ocean-to-ocean paddle in 6:08:39. They also finished in fifth place overall.



Marti Ostrander (U.S. Army)

Race held Friday - Sunday. The trip gain.

Process' cean Race

The same thing goes on in *El Tuco*, where the Wheelers and the Thomas's family paddle, and the *Red-Ed*, where Dennis, Leonard and William Huff paddle along with Robert Boyer.

In the trophy category, the Pinzon brothers, along with a cousin, paddle in *Rio Senales*, one of the top male boats, while Albert and Stephanie Bodden paddle in the *Been There*.

Behind the scenes there is also a story. As an explores scout event, all the escort boats, executive committee, coordinators and helpers do it voluntarily, on their own time, with absolutely no profit to them. And it takes a lot of work to pull a race of this magnitude together.

This year the race coordinator was Hugh Thomas; the race master was Marcos Ostrander, the assistant race master was Billy McGann, the Post 21 adviser was Rick Williams and the Gamboa Post 10 adviser was Jay Gibson.

Without them, and all those who helped them pull the race together, as well as the Panama Canal Commission, Armed Forces and the help of the entire community there would have been no race.

In all, teamwork is the key word for those who paddle in the race.

And in the end, every single paddler is a winner, because very few people can handle the stress and physical resistance it takes to paddle ... from ocean to ocean.

(Editor's note: Time and space did not allow the Tropic Times to print the times of all paddlers or the much-deserved acknowledgments of those who made this event possible. See next week's edition, due out April 17 for more Cayuco Race kudos and times).



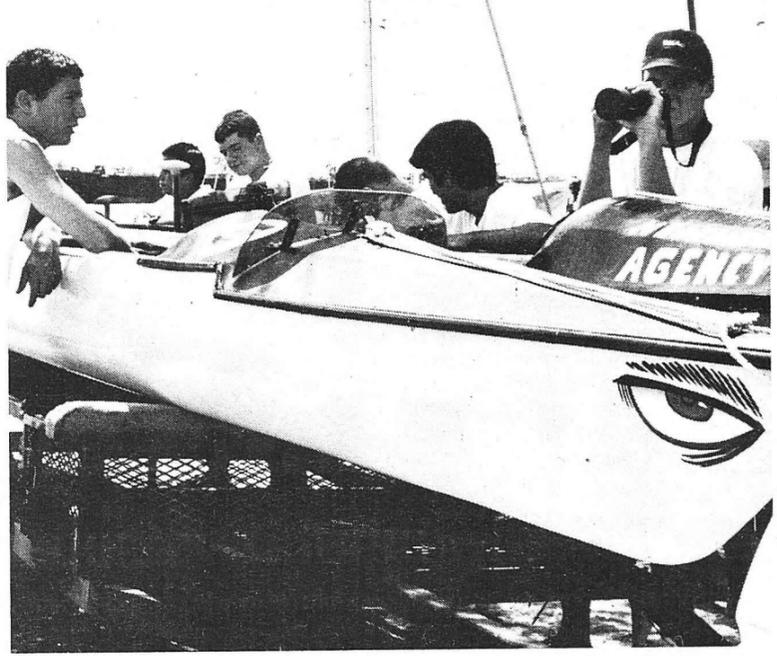
Bolivar Munoz

High Anxiety, paddled by (right to left) Brig. Gen. Robert W. Wagner, commanding general, Special Operations Command South, his daughter, Annie, his son, Van and his aide, 1st Lt. Sam Fiol, took first place in the Patch Category with a time of 5:45:52. They finished fourth overall.



P.J. Wagner

Lou Husted gets the Patch Category started with a bang Friday afternoon.



Marti Ostrander (U.S. Army)

Defiance was looking pretty relaxed prior to the start of the first leg Friday. They finished first that day, second overall.



Marti Ostrander (U.S. Army)

Members of *Jungle Crews* carry their boat to the water Friday afternoon. The team, made up of four female Balboa High School students, finished third in their category.

Coming up...

Annual leave donations needed

Annual leave donations are currently being accepted from civilian employees for Heidi Schroeder, deputy chief of staff, Reserve Affairs, National Guard, who's baby Kyle, is successfully recovering from open-heart surgery at Fort Sam Houston. Schroeder has nearly exhausted her leave donations and is in desperate need of more since her and her husband Sgt. Paul Schroeder, of the law enforcement activity, are having to remain at Fort Sam Houston longer than expected to ensure baby Kyle's full recovery before returning to Panama. The Schroeders' wish to thank everyone for their thoughts and prayers and those who have already donated their leave. If interested in donating annual leave, go to Civilian Personnel, Room 201, Building 560, Corozal, to pick up an application, or call Ms. Sykes at 285-4246.

Navy League event

The last day for reservations to attend the next event for the United States Navy League is today. The event is scheduled for 7 p.m. Tuesday at the Caesar Park Hotel. The guest is Victoria H. Figge, director of the financial analysis unit attached to the advisory committee for public safety and national defense under the ministry of the presidency of the Republic of Panama. For reservations, call 270-2952.

Hilltop dining closed

The HHC, Theater Support Brigade "Hilltop" Dining Facility in Building 520, Fort Clayton, is closed for all meals Friday through Monday in observance of Good Friday and a training holiday. Normal dining hours resume 6:30 a.m. Tuesday.

TEAMS supply closed

The TEAMS Supply Activity is closed for inventory Monday - April 17. The deadline for submitting supply requests is Wednesday. Only emergencies are excepted during the closure dates. For more information, call 284-5256.

Innovative Logistics courses

Innovative Logistics is holding a **range operations** course 8 a.m. Monday and a **unit level logistics systems** course 8 a.m. Monday - April 24 on the 4th Floor of Building 519, Fort Clayton. There is another **range operations** course slated for 8 a.m. April 17 in Room 9, Building 6523, Corozal. Military members must be in duty uniform. For more information call 288-7351.

Building Managers Training

Building Managers Training is slated for 9 - 11 a.m. Monday at the Coronet Oak Conference Room, Building 237, Hangar 1, Howard AFB. Participants must bring the updated appointment letter signed by their squadron commander. For more information, call 284-4068.

Rodman ammo point closed

The Rodman Ammunition Supply Point is closed for inventory during the week of Monday - April 17. All units with scheduled training for this period need to contact the ASP to reschedule their issue/turn-in dates. Also, customer units are required to maintain updated access rosters and their DA Form 1687. Units cannot access the ASP if these documents are not updated. In addition, units are reminded to submit DA Form 581s for ammunition transactions no later than 72 (duty day) hours prior to issues and turn-ins. Late requests may require a unit site fund code to cover the contractor's overtime. Operating hours are 7 a.m. - 3:30 p.m. Monday - Friday. For more information call 283-5806/5642.

Volunteer ceremony

All Howard Air Force Base and Rodman Naval Station volunteers are cordially invited to attend a Volunteer Recognition Ceremony beginning at 10 a.m. Monday at the Howard Tropic Breeze Club. The purpose of this event is to give thanks and appreciation to each volunteer for the outstanding support given to the community during the past year.

Sealed-bid sale

A local sealed-bid sale is scheduled for 7:30 a.m. - 3 p.m. Tuesday - Thursday at the Defense Reutilization & Marketing Office - Panama, Building 745, Corozal. No one under 18-years-old is allowed on DRMO premises during sales inspections and removal. For more information, call 285-4754.

Senior Enlisted Advisor slot

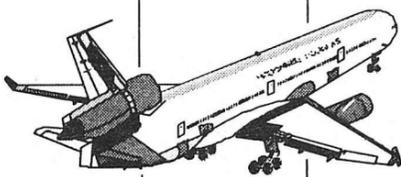
The Air Force Personnel Center's Chiefs' Group, in conjunction with Air Combat Command, is seeking volunteers for the senior enlisted advisor position at the JTF-SWA, Eskan Village, Saudi Arabia, reporting no later than June 1. For more information, call 284-3508 no later than Tuesday.

AMC flight schedule

All flights listed are subject to change because of cancellations, additions or priority mission requirements. Check with the Passenger Service Section for updated information on flights by calling 284-4306/3608.

Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
5:40 a.m. C-130 Louisville, Ky.	7:10 a.m. C-141 Charleston AFB, S.C.; Memphis, Tenn.	6:50 a.m. B-727 Atlanta IAP, Ga. (C); Charleston IAP, S.C.	5:40 a.m. C-130 San Salvador, El Salvador (V, CC); Soto Cano AB, Honduras (CC) 8 a.m. C-141 Charleston AFB, S.C.; Jackson, Miss. 11:40 a.m. B-727 Soto Cano AB, Honduras (C,CC)	4:25 a.m. C-130 Malquetia, Venezuela (V) 6:40 a.m. C-141 Kelly AFB, TX(M); Jackson, MS 8:45 a.m. B-727 Atlanta IAP, Ga. (C); Charleston IAP, S.C.	9:05 a.m. C-5A Soto Cano AB, Honduras (CC); Charleston AFB, S.C.; Dover AFB, Del.	5:40 a.m. C-130 Managua, Nicaragua (CC); Soto Cano AB, Honduras (CC);

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



Travel tips

Effective 1 May 98, the Freedom Bird schedule for Howard AFB will change to the following:

	ARRIVALS	DEPARTURES
Friday	1:10 p.m.	3 p.m. to Soto Cano AB, Honduras
Saturday	10:15 a.m.	12:05 p.m. to Atlanta, then Charleston
Sunday	3:50 p.m.	none
Monday	none	10:10 a.m. to Atlanta, then Charleston

Announcements

Tax form deadline

Authorized Military Post Office users pushing the deadline for filing federal tax forms can acquire that invaluable April 15 postmark through midnight on Wednesday by depositing IRS-bound envelopes in MPO drop-slots only. At Howard, all mail deposited through the drop slot in the Postal Service Center by midnight will get the April 15 postmark. Rodman Naval Station and Fort Sherman customers can get the same service through the drop slots at their Postal Service Centers. At Fort Clayton, you'll need to visit the blue post box directly in front of the MPO if you're running late. All other blue post boxes will be checked on schedule April 15, and won't be emptied again until late afternoon on April 16 — too late for an April 15 postmark. This special service will be available on April 15 only. For more information, call Tech. Sgt. Reccy Crews at 284-7219.

Credit management workshop

A Credit Management Workshop, in Spanish, takes place from 8:30 - 10:30 a.m. Thursday in the Howard Family Support Center. The workshop is designed to help personnel get back on track with their credit. For more information, call the FSC at 284-5650.

Smooth Move workshop

A Smooth Move Workshop takes place 9 - 11:30 a.m. Thursday in the Howard Family Support Center. Participants will receive current information on PSC entitlements and services from the key agencies involved in moving, helpful hints for travel and PCS financial planning. Spouses are welcome. For more information or to sign up, call 284-5650.

Men of Honor Conference

The Men of Honor Conference is slated for May 16 at Curundu Middle School. For registration information, call 288-5878/3281.

Electric bill briefing

A briefing by IRHE (Panama's electric company) is slated for 10 a.m. April 23 at the Howard Base Theater for all DoD personnel residing off-base. This is to help everyone get a better understanding of the electric company's billing process, how to read the bill and how to conserve energy. Many people are reporting their electric bill rising sharply during the billing cycle that ended March 2. The Howard Housing Office should be their first stop. For more information, call Lidia Fonseca at 284-3301/3417.

FSC job available

The Howard Family Support Center is now accepting applications from NCOs interested in the Deputy Director position. The candidate must be a volunteer, have achieved the rank of master sergeant or above, (highly qualified technical sergeants may apply), and must have at least nine months remaining on station at the time of assignment to the position. Interested personnel should submit applications or resumes and the last five enlisted performance reports to the director of the Family Support Center, Bldg. 707, by May 1. For more information, call 284-3153.

Supplemental promotion board

The next E-8/E-9 supplemental promotion board is scheduled for May 4. In addition, the suspense for receipt of supplemental request is today in order to allow sufficient time for pre-board preparation. People should contact their commanders support staff if they have questions concerning this supplemental promotion board.

Pilot crossflow selection board

A centralized Air Force Fighter Crossflow Selection Board will convene at the Air Force Personnel Center July 14 to select 25 pilots from mobility and bomber type aircraft and afford them the opportunity to crossflow to fighter cockpits. Applications must arrive at the Air Force Personnel Center by May 22. For more information on application procedures, contact the Relocations Element at the Military Personnel Flight.

Captain selection board

A selection board convenes June 2 to consider Army first lieutenants for promotion to captain. Officers eligible for consideration have the following active duty dates of rank: Sept. 30, 1996 and earlier; Oct. 1, 1996 and Sept. 30, 1997. To be eligible for consideration, all mandatory or optional OERs must be received, error free, in the Evaluation Reports Branch, U.S. Personnel Command, no later than May 26. For more information call 288-4656/4321.

Chief Warrant Officer board news

Officer Records Section has received the Officer Records Brief for the upcoming Promotion Board. Due to the short suspense due to technical difficulties, it is imperative that all previously notified warrant officers report to Officer Records, Building 519, Ground Floor and sign their form. A selection board convenes May 12 to consider eligible chief warrant officers on the active duty list for promotion to CW3, CW4 and CW5. Warrant officers with less than two years time in grade while serving on active duty as of May 12 are not eligible for consideration. For more information, call 288-4656/4321.

Aviator continuation pay

Only first-time fiscal 1997 and fiscal 1998 Aviator Continuation Pay eligible pilots are offered the fiscal 1998 ACP rates and agreement length options as outlined in Air Staff and Air Force Personnel Center messages. Pilots eligible for ACP prior to fiscal 1997 who previously declined ACP either by written declination, failure to return their ACP agreement, or who have previously separated from active duty, are viewed as having declined ACP and are not considered first-time eligible pilots. Pilots who have previously declined ACP will be offered the opportunity to enroll in the ACP program in effect during the year of their initial eligibility so long as they continue to meet ACP eligibility requirements. Pilots who have previously declined ACP and wish to reconsider, may request ACP agreements at any time by contacting Maj. Tony Garton at DSN 487-2459

OSI recruiting

Interested candidates for OSI, call 284-3810.



Sports

April 9, 1998

Fort Clayton, Howard Air Force Base and Rodman Naval Station Panama Canal, Republic of Panama
Serving the Joint Community

Page 9



Massage therapy

Health and Fitness



Gary D. Stump, left, and Giovanni A. Chacón, above, are licensed massage therapists hired by the Directorate of Community Activities to help relieve sore muscles and stress caused by a hard workout or just a hard days work.

story and photos
by Raymond E. Samuels

Tropic Times staff

FORT CLAYTON — It's not a message they're trying to give you ... it's a massage. And you can now get them by a licensed massage therapist at the Fort Clayton Reeder Gym. Just another service made available to you by the Directorate of Community Activities.

"One massage a week is what's recommended," said Gary D. Stump, DCA licensed massage therapist. "Of course not everyone follows this, but nevertheless, that is what's recommended. Massage therapy provides structural integration, putting the body back in proper alignment. When you work out — or even from just walking all day or sitting for extended periods of time — muscles move your bones. That's when your body begins to ache or feel uncomfortable."

Massage therapy is offered 9 a.m. - 9 p.m. Mondays - Fridays and 9 a.m. - 5 p.m. Saturdays. Reservations can be made for 20-minute sessions or one hour sessions.

"Of course, the hour sessions are a lot more relaxing and thorough," Stump said. "But a 20-minute session is just as effective and beneficial after, let's say, an aerobic workout or after working all day in the office."

According to Stump and Chacón, stress is one of the biggest health problems here.

"The best alternative to medicine, against all forms of stress, is a massage," said Giovanni A. Chacón, DCA licensed massage therapist. "One of my favorite techniques to administer is aromatherapy. Just like in a restaurant, when you get hungry from smelling something good, the different aromas from the oils I use provide a sense of relaxation. A massage like that, applied with a touch of mood music, can be very relaxing."

So you don't work out at the gym, but you come home from a hard days work and your back is killing you; or you've been out in the field on a 10K roadmarch; or you've been ... Seriously now, why do I need a massage?

"It reduces muscle soreness," Stump said. "People do better and train better because their muscles feel better. Foot reflexology (another technique offered) is very important. Every step you make affects your body. Soldiers out in the field — they're the ones who benefit from this. As for those who don't work out? It's even better for them. Sedentary people don't have that blood flowing cleaning out their system. A massage provides this relaxing workout."

According to Stump, there has not

been a high attendance for the massage therapy being offered at Reeder.

"I guess people feel uncomfortable with the idea of coming for massage therapy not knowing what to expect. The biggest concern people have is that they think they have to be nude for their massage. That doesn't happen here. All of our clients are expected to wear shorts. Men and women will be covered at all times. Their sessions are also private. We've been given our own room. More importantly, we're professionals. We're licensed therapists," Stump said.

Reservations must be made for massage therapy sessions. Make your reservation today by calling the Reeder Physical Fitness Center at 288-7861/4713.

Everything you need is right here at Reeder

Gary D. Stump has been working as a licensed massage therapist for over three years. Stump earned his license from the state of Florida.

Swedish. A much stronger massage, the Swedish technique centers around the full body relieving muscle tension. It is applied with long and slow strokes. Great for easing stress and tension.

Esalim. Similar to the Swedish massage, long and slow strokes are applied to calm and relax muscle tension and stress.

Deep muscle. A harder massage applied used to get deep into site specific parts, such as the small of your back.

Neuro-muscular. Massaging the head, this method is extremely helpful to relieve migraine head-aches.

Giovanni A. Chacón has been working as a licensed massage therapist for over four years. Chacón earned his license from the *Instituto Curvas Gym*, Panama and the Olympic Committee Weight-Lifting Division.

Aromatherapy. This therapy uses oils with aromas that help induce relaxation.

Manual lymphatic. This massage provides stimulation for complete body functions.

Neuromuscular. Massaging the head, this method is extremely helpful to relieve migraine headaches.

Reflexology. These massages are centered on your feet.

Shiat-su. Also called acupressure, Shiat-su is a finger-pressure therapy — a massage with the fingers applied to specific areas of the body.

Call Reeder Physical Fitness Center today at 288-7861/4713.

Sports shorts

Air Force

Sharpen up your skills for the **15 Days Pool Tourney** 11:30 a.m. - 1 p.m. Monday and you just may win a professional pool stick.

The 24th Operations Support Squadron is sponsoring a **golf tournament** 7:30 a.m. April 17 at the Horoko Golf Course. For more information, call Master Sgt. Will Smith at 284-3501.

Get ready for some family fun with the best **Eight Ball Pool Tournament** in Panama 4 p.m. April 17. Participate in the tournament and become eligible for the "Be a Hero" vacation packet.

The opening ceremony for Howard's **1998 Spring Soccer Season** begins 8 a.m. April 18 at the Parade Field. The 79th Army Band and the Howard Honor Guard will participate in this year's event.

An organizational meeting for next month's **ACC 3-on-3 Basketball Tournament** takes place April 24 at the Howard Fitness & Sports Center. For more information, call 284-3451/5671.

In honor of the "Month of the Military Child," the **Howard Bowling Center** is offering reduced prices for children during open bowling hours.

Army

The **Directorate of Community Activities Sports Office** is located in Building 519, Fort Clayton. For information about Army sporting events, call 288-5201.

Signups for **Intramural Soccer** conclude today. League play will begin Monday.

The Fort Clayton Protestant Women of the Chapel are sponsoring a **Fitness Walk** 6:30 a.m. April 17 at the Community Park. For more information, call Van Runals at 288-4772 or Sherril Harrill at 272-7400.

Navy

Gym hours are 5:30 a.m. - 9 p.m. Mondays - Fridays and 10 a.m. - 6 p.m. holidays. For information about Navy sports, call 283-4332/3040.

After a mean workout, drop by for a **refreshing frozen fruit drink** or a healthy salad at the Health Bar, Building 73.

Local

The Isthmus Road Runners are hosting a **21K run** 6:30 a.m. April 19 starting from the Pedro Miguel Train Station. The Panama Armed Forces Running Association is having a **two-, three- and five-mile run** 7 a.m. April 25 starting from the Fort Clayton Pedestrian Gate. For more information, call Allen Jones at 288-3310.

Cricket games are played on Albrook field and other fields in Panama? Watch the next game or join a team by calling the Hindustani Society of Panama at 227-1078.

Top three

How they fared

Women's racquetball

Services
Weather

Mission Support

Men's racquetball

Logistics Group
Maintenance

Medical Group

Women's half-mile run

Medical Group
Operations Support
Communications

Men's half-mile run

Security Forces
JIATF — South
310th Airlift

Dizzy bat race

Security Forces
Transportation

Operations Support

Women's 100-yard dash

Security Forces
Supply

Communications

Men's 100-yard dash

Communications
Transportation
Air Postal

200 meter swim

Medical Group
Supply
Services

Basketball

Supply
Maintenance
310th Airlift

Women's Arm wrestling

Transportation
Medical Group
Operations Support

Men's arm wrestling

Services
Maintenance
Communications

Women's bike race

Medical Group
Weather

Communications

Men's bike race

Civil Engineers
Maintenance
Medical Group

Bowling

Civil Engineers
Maintenance
Communications

Egg toss

Medical Group
Mission Support
Air Postal

Golf chip

Medical Group
Comptroller
Maintenance

Horseshoes

Comptroller
Communications
Medical Group

640th Challenge

310th Airlift
Communications
Transportation

Softball

Civil Engineers
Communications
Security Forces

3-legged race

Mission Support
Medical Group
Weather

Tug of war

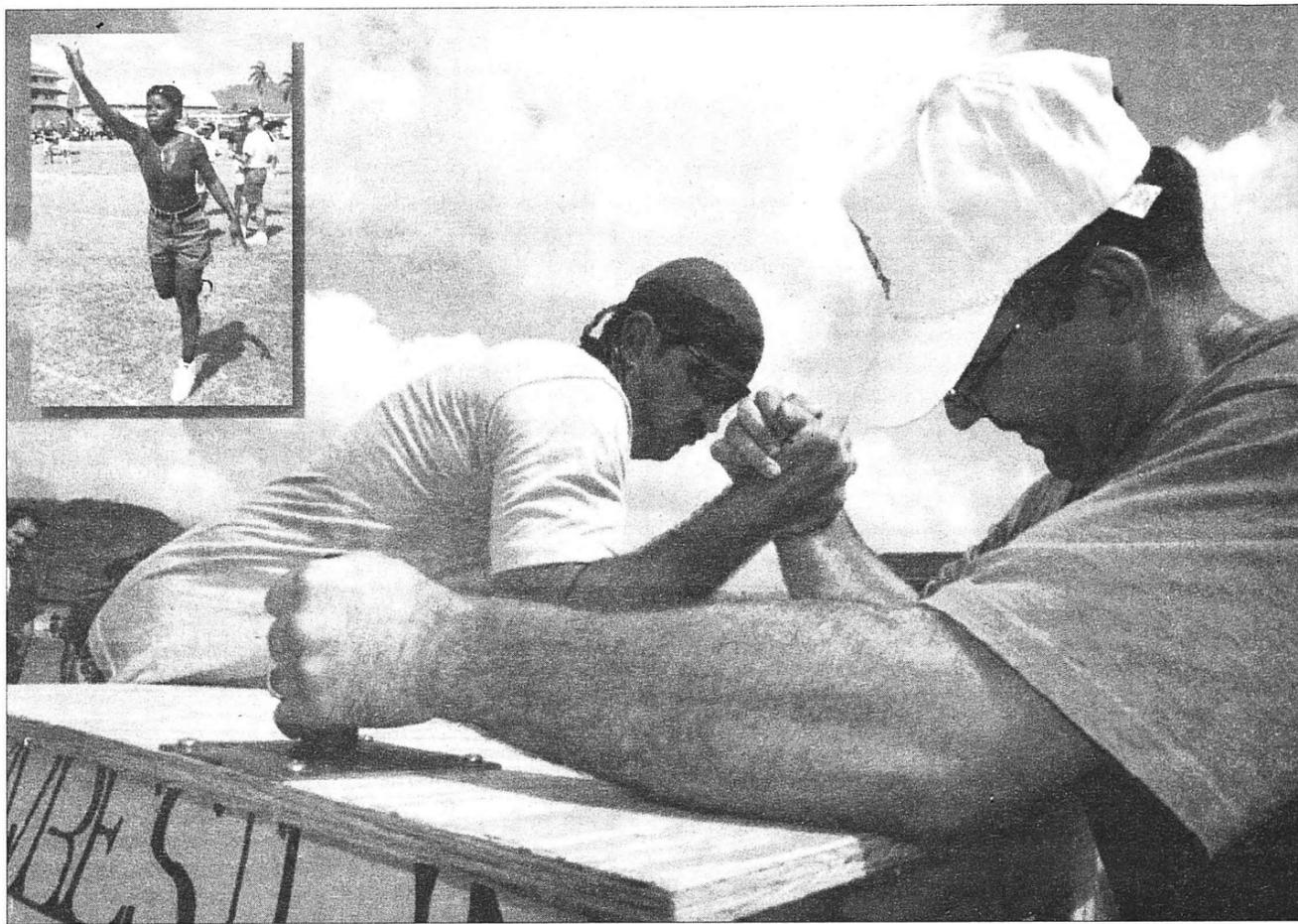
Medical Group
Maintenance
Supply

Volleyball

Supply
JIATF — South
Air Postal

Final Standings

Medical Group: 70
Communications: 49
Maintenance, Supply: 40



photos by Staff Sgt. John B. Dendy IV (USAF)

Two competitors battle during the men's arm wrestling competition won by the 24th Services Squadron. Inset: A participant rejoices after finishing the women's half-mile run, won by the Medics.

Sports Day

24th Medical Group gets the upper hand

by Tech. Sgt. Rick Burnham

24th Wing Public Affairs Office

HOWARD AIR FORCE BASE — The 24th Medical Group placed first, second or third in 10 out of 17 events to capture the championship in Howard Air Force Base's annual Sports Day competition, hosted by the 640th Air Mobility Support Squadron April 3. The Medics dominated the competition finishing with 70 points on the day, 21 ahead of the second-place finisher, the 24th Communications Squadron.

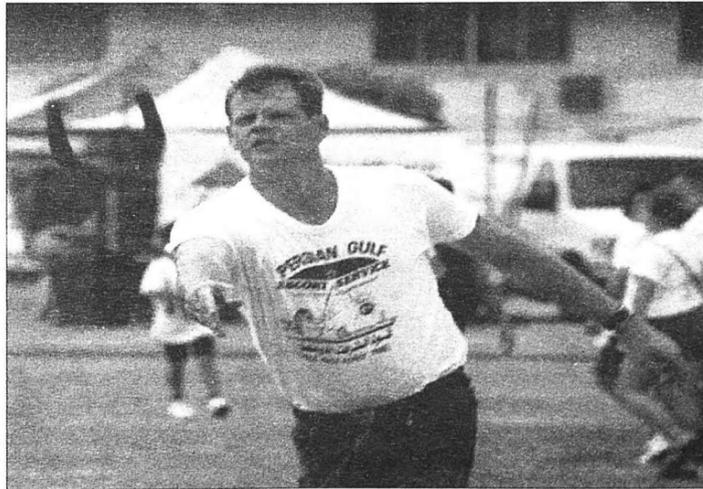
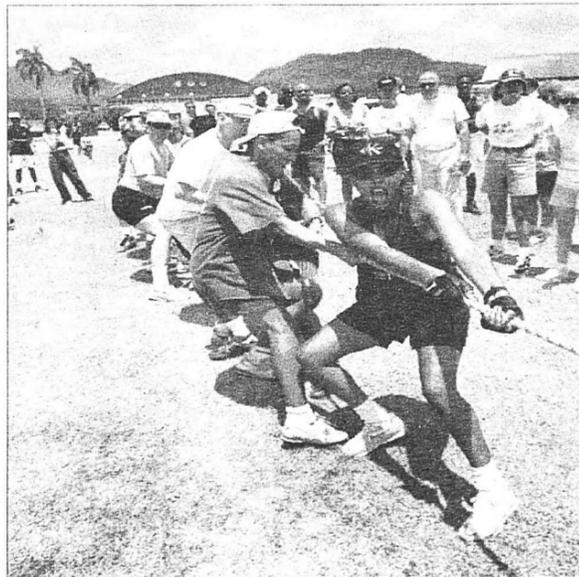
Seven points were awarded for a first-place finish, five for second and three for third. Units were also given a single point for each event they participated in.

The Medics finished first in the women's half mile run, the 200-meter swim, the women's bike race, the egg toss, the golf chip, and the tug of war. They added second-place finishes in the women's arm wrestling competition and the three-legged race.

The champs finished third in men's racquetball, the men's bike race and horseshoes. For their efforts, the Medics will host next year's competition.



Col. Gregory L. Trebon, 24th Wing commander, presents the first place team trophy to members of the 24th Medical Group.



A unit pulls together in the tug of war competition won by the 24th Medical Group. A participant tries his luck in the horseshoes competition won by the 24th Comptroller Squadron.



New Horizons '98: An ongoing training exercise

story and photo
by Sgt. Kelly C. Luster

354th Mobile Public Affairs Det.

BASE CAMP ALPHA, Honduras — When you get hurt or feel sick, what do you do? Most people go to the hospital or the doctor's office. But what if you are a soldier located in the remote, treacherous mountains of western Honduras? You still go to the doctor.

Operation New Horizons 1998 is an ongoing U.S. military training, humanitarian and civic-action exercise bringing basic infrastructure to the rural people here in this Central American country in the form of building medical clinics and schools, as well as giving medicine and supplies.

It's here the U.S. National Guard has set up the Troop Medical Clinic for the hundreds of troops involved in New Horizons. Members from several Army National Guard units throughout the United States will be rotating through Base Camp Alpha during their two weeks of annual training this year.

"No mission can happen without proper support," said Lt. Col. Ellen Rinehart, officer in charge of medical support. "My job here is to make sure the troops can do their job."

Rinehart, a trauma nurse from Birmingham, Ala., does

that by maintaining a proficient medical staff.

"Every two weeks, or so, we get a new rotation of medics, nurses and emergency medical technicians," Rinehart said. "Within a few days of arriving here, you can't distinguish between the active duty soldiers and the Guardsmen."

Although most of the time things are calm at the clinic, Rinehart said they have treated about 300 patients for everything from sunburn to heat exhaustion to scrapes and bruises.

Sgt. Mary Burdgon-Curry, a nurse from the 128th Medical Detachment headquartered in Tuscumbia, Ala., said she has already treated several cases of heat injuries.

"One of the biggest problems is the troops are rotating in from areas of the United States that are 30 to 40 degrees and overcast skies," she said. "The people arrive here and get smacked with 100 to 115 degree temperatures and extremely bright sunlight."

Burdgon-Curry, who hails from Montgomery, Ala., said as soon as she sees someone who has stopped sweating or is having cramps, she inevitably has to start giving them fluids intravenously to get them rehydrated.

Staff Sgt. Thomas E. Robinson, an emergency medical technician

and paramedic with the 128th medical detachment, Tuscumbia, Ala., said it's definitely hot, but he's enjoying his time in Honduras. Robinson, as well as several Guardsmen, have grown fond of the Hondurans, particularly the children. Robinson, who is from Robertsdale, Ala., said they plan to send clothes and shoes to some of the needy children.

"I was shocked at the conditions in Honduras," Robinson said. "Some of the children here don't even have clothes or shoes to wear. We just want to help out."

The mission in Honduras is providing real-world training. Staff Sgt. Albert T. Homburger, a paramedic with the Alabama Army National Guard's 128th Medical Company based in Ashland Ala., sees this assignment as an excellent training opportunity, as well as his chance to pay back some special people in other National Guard units.

"When the blizzards stranded part of New York, the National Guard was called out to help rescue people. Some of the Guardsmen here were among those helping out," Homburger said. "It just so happens that one of the people they helped to rescue was my mother in Saranac Lakes, N.Y. This is my way of saying thanks to them."



Working in more than 100-degree heat in tropical Central America, Alabama Army National Guard Sgt. Mary Burdgon-Curry, a nurse from the 128th Medical Detachment, Tuscumbia, Ala., prepares to rehydrate another fellow soldier intravenously while performing her two-week annual training in western Honduras.



Sgt. Justin Perry, a native of Merritt Island, Fla., pumps water from the Le Pine well, which was drilled to a depth of 180 feet.

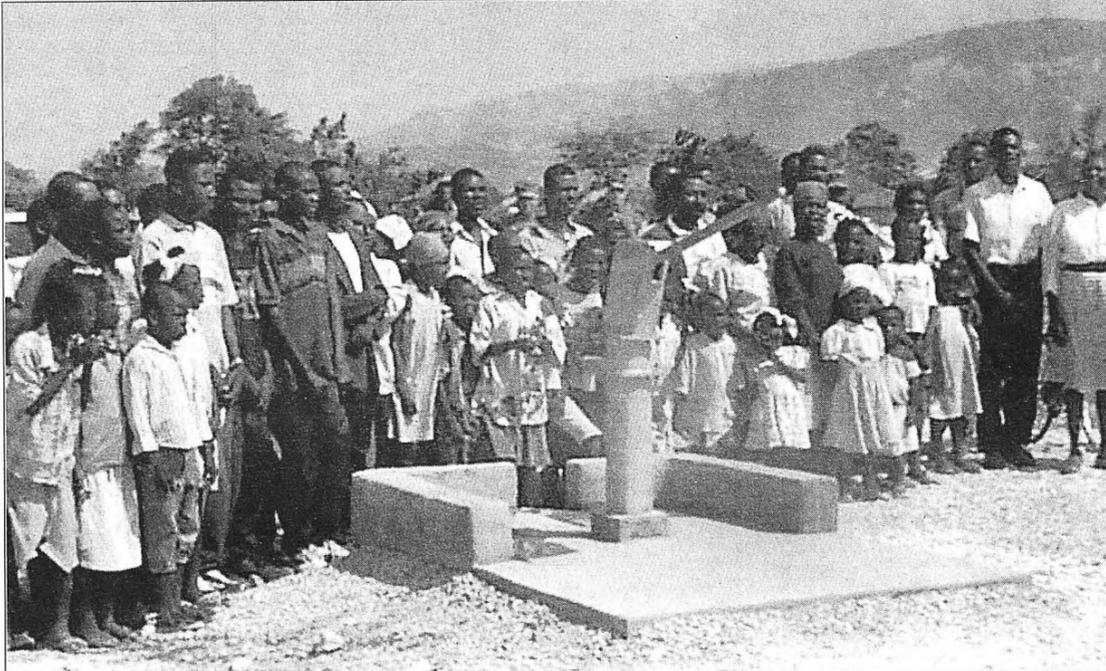
518th finishes well at Le Pine

story and photos

by Staff Sgt. Seth M. McMullen

U.S. Support Group Public Affairs Office

PORT-AU-PRINCE, Haiti — The 518th Engineer Company recently completed another one of their projects — a well located in the city of Le Pine which is approximately 12 miles northeast of Port-au-Prince. The Fort Kobbe-based heavy construction company



Residents of Le Pine gather around the newly completed well. Well drillers from the 518th Engineer Company finished the project in little over a week.

completed the project in little over a week.

The well is hand pumped and is drilled to a depth of 180-feet deep. It'll produce approximately six to 10 gallons of water per minute and will support a population of 4,000.

Second Lt. Thomas Galli, project officer-in-charge, said that this was his first well drilling project and that everything went as planned. "This was a nice, smooth project. No problems at all," he said.

Galli said his crew didn't experience any problems because the ground was perfect for drilling. "The ground was more cooperative, as opposed to our first well. The drilling was nice. We drilled this well in three days."

He also said that the experience was worthwhile. "This is pretty much a rare experience. There are so few units that do it and it's a true science. It's something I'll carry with me," Galli said.

He commended the job of his well drillers saying that, "we have a lot of new soldiers — this was their first well and they did a good job. They're the best unit in the company."

Pfc. Adrienne Cowden of Missoula, Mont., said

she also learned a great deal from this experience. "The project was a lot of work and was a lot to learn but was beneficial," she said.

Cowden said that the project was meaningful to her because she had the opportunity to help out the community. "It's great coming to another country to help out with a little thing like water. I didn't realize that there were people who didn't have the bare necessities. It pays off in the end because these people have water for the rest of their lives," she said.

At the ribbon cutting ceremony, Capt. Augustine Galloway, commander of the 518th, said the well project was an excellent training opportunity for her well drillers and that it was a chance to provide a valuable resource to the local community.

"We thank the people from the local community for their patience during our training exercise. We just ask that during each and every daily use, you always remember the 518th Engineer Company," she said.

The well drillers of the 518th are in a league of their own because they're only one of two active duty drilling units in the Army, the other being at Fort Bragg.

JOTB dining facility staff claims runner-up in food service awards

story and photos by
Spc. Kenneth K. Rockett
USARSO Public Affairs Office

NORFOLK, Va. — The proof is in the pudding, they say, and members of the Headquarters, Headquarters Company, Jungle Operations Training Battalion dining facility proved that their pudding, and all the food they serve, is some of the best in the United States Army as they were presented with a runner-up award during a ceremony March 28 honoring outstanding dining facilities.

In front of a crowd of hundreds, Col. Stephen E. Runals, U.S. Army South chief of staff, accepted the plaque for the HHC JOTB dining facility as runners-up, Small Garrison Category, at the 1998 Phillip A. Connelly Excellence In Food Service awards presentation.

Awards are handed out in five different categories; large garrison, small garrison, field kitchen, reserve and national guard. The award presented to the HHC JOTB dining facility, also known as "The Galley," was for a garrison dining facility serving 200 or less soldiers per meal.

Before the formal presentation, Runals said everyone in USARSO is always extremely proud of the JOTB dining facility.

"This is some great recognition for some folks who do an incredible job out there at Fort Sherman," Runals said.



The HHC JOTB dining facility runner-up plaque for U.S. Army small garrison dining facility, serving 200 or less soldiers per meal. The plaque currently resides at Fort Sherman.

"They take the extra step, they go that extra mile to produce an outstanding product."

Fitzgerald V. Irish, Galley manager, said being recognized was very important to him.

"This is a shining moment for me," Irish said. "I spent 20 years in the military and always strived to get



The awards presentation, from left to right, Maj. Gen. James M. Wright, quartermaster general, Lt. Gen. John G. Coburn, U.S. Army deputy chief of staff for logistics, Col. Stephen E. Runals, USARSO chief of staff, Fitzgerald V. Irish, HHC JOTB dining facility manager, and Sgt. George Lopez, rations NCO, JOTB dining facility.

to this point but I never did."

Irish retired in 1990 and in May 1996, he became the manager of the JOTB dining facility.

"Being here is very important to me. It's a fantastic feeling."

Irish said his dining facility received this honor because his staff believes what he tells them every

day, "that our job is for the soldier."

"We have to take care of the soldier so he can go out and do his job."

Sgt. George Lopez, representing the soldiers from the dining facility, said that for him the Connelly awards was like "being at the Oscars."

"I'm really looking forward to taking the award back to Panama."

3/75th Rangers make thunder in the jungle

story and photos by Spc. Kenneth K. Rockett
USARSO Public Affairs Office

FORT SHERMAN — The jungle was alive with thunder April 1 as soldiers from 3rd Battalion, 75th Ranger Regiment, out of Fort Benning, Ga., and deployed to Panama, made their way through the Jungle Operations Training Battalion's mortar maneuver course.

A platoon of soldiers from the Headquarters and Headquarters Company, 3/75th, specialized mortarers to be exact, tested their metal as they tackled what many consider to be JOTB's toughest course.

The course, designed for a light infantry mortar platoon (60 and 81 millimeter mortars) begins from a predetermined starting point.

At that point the platoon gathers their equipment, secures the area and shortly thereafter marches into the jungle, and the unknown, as they enter the course.

Through a series of constant ups and downs, the soldiers lug their heavy mortars, ammunition, and all other needed equipment and supplies through the

thick underbelly of Fort Sherman's jungle.

At designated points they stop, assemble their mortars and fire to target coordinates. But it's not quite that simple as they soon found out.

Along the way are booby traps, snipers and an ambush. All this, given the jungle heat factor, the weight the soldiers must carry, and the constant running make for a tough little hike.

"This is good training for them," said Staff Sgt. Supote Calveit, Company A, JOTB instructor, observer. "Stateside they can't get this kind of experience. This is probably some of the best training in the U.S. Army for mortars."

Calveit also said the course is great for future leaders, the corporals and the sergeants, to come to JOTB and experience the stressful situations the approximately three-mile course places them in.

Soldiers such as Pfc. James Wilkerson, 3/75th Ranger Regiment, agreed, saying that after going through the mortar maneuver course he now knows better what to expect from a jungle environment.

"Every day I've learned something new here," Wilkerson said. "This has definitely helped me out."

And how about the three-mile course?

"Three miles? Oh, really," Wilkerson said. "It felt more like 15 miles to me."

But that's the beauty of JOTB's mortar maneuver course — realistic training constantly keeping soldiers sharp and maintaining readiness.



Above top, a mortar infantryman from 3rd Battalion, 75th Ranger Regiment "hangs" a mortar round the instant before discharge. Above, the round is discharged leaving a cloud of smoke and a roll of thunder a few seconds later as the round hits the target area.



With limited visibility and the threat of snipers, maintaining security was a constant priority during the mortar maneuver course.

Showtime

Check out the latest DOD Overseas Show 4 p.m. April 17 at the International Fair at Clayton Park and 3 p.m. April 18 at Jarman Field.



Community

Page B10: The Easter Bunny is anxious to start hiding those colored eggs for some great family fun. Check out the latest events, activities and worship services taking place.



Celebrate Diversity!
Month of the Military Child
International Fair
4-6:30 p.m. April 17
Free. Call 288-5507



Tropictivities

April 9, 1998

Fort Clayton, Howard Air Force Base and Rodman Naval Station Panama Canal, Republic of Panama

Page B1

Serving the Joint Community

Teens learn leadership, build self-esteem, in three-day retreat

story and photos by Sgt. Paul Bouchard
editor, Tropic Times

Most people would agree that a person's teenage years are instrumental in the shaping of his or her personality and character. And no one would argue against the fact that being a teenager isn't easy. Fulfilling parent's expectations, deciding what career to pursue, and the ever-present peer pressures that are out there all add up to the importance, and the stress, associated with being a teenager.

To help ease some of these pressures and fears, the teen centers at Fort Clayton and Howard Air Force Base organized a retreat for a select group of teenagers.

The retreat, entitled "Teens in the Real World: How to Find Your True Identity Without Losing Your Friends," was held at the Baptist Campgrounds, Cresta del Mar, in Santa Clara, Panama, April 3-5.

Earned their way

According to Pam Clark, the teenagers "earned their way" to take part in this three-day retreat. Clark, the program coordinator at Clayton's Teen Center, said the teenagers were chosen to attend the retreat based on:

- Participating in Teen Center activities.
- Volunteering and doing community work.
- Maintaining a 2.8 grade point average.
- Possessing good morals and ethical conduct.

Clark said these teenagers are very active in their respective teen centers and that they are "our future leaders - we're very proud of them."

She added that some of the teenagers helped raise funds for the retreat by sponsoring car washes and having bake sales. Many of these youths also volunteered at the Directorate of Community Activities annual fair.



The "Teens in the Real World" retreat, held April 3-5 in Santa Clara, Panama, teaches teenagers how to find their true identity, build their self-esteem and become positive role models for their peers. This leadership exercise involved drawing a person, writing down the characteristics of a good leader on that drawing, and placing their (the students) initials next to those characteristics they felt they possessed.

Finding one's identity

The retreat included various classroom sessions, physical challenges, games, group sessions, personal quiet times and social interaction among the teenagers - all to help the participants find their true identity, build their self esteem, make new friends and improve their communication skills.

The ultimate goal of the retreat is to have these teenagers continue their involvement in community affairs and have them serve as positive role models for their peers. Clark said about 20 adults served as chaperones, instructors and counselors for the retreat.

Specifically, here are some of the classes, sessions and challenges these teens took part in: basic water rescue, drug and alcohol awareness, AIDS awareness, a leadership session, teamwork challenge games, sports such as kayaking, mountain biking, volleyball, ping pong, and basketball, a poetry contest, a drawing contest, and a class on education and career goals.

Productive weekend

The retreat, in the words of Lisa Dyson, the director of the Howard Teen Center, "is extremely important. These teenagers are learning how to be productive and effective members of society. It's a positive-oriented retreat in that we're trying to build up their self-esteem. These kids are great."

Dyson added that the retreat's importance is even more prevalent, now that the military drawdown in Panama is around the corner.

For Washington Dyson, one of the teens who attended the retreat, the three-day event was "learning a lot about yourself, your friends and who you should associate with." James Lewis, another participant, had this to say about the retreat: "I thought it would be fun to come here. It's about finding what you're really all about." And for Josh Foster, the retreat was about "encountering challenges and meeting those challenges. It's just a good experience."



Retreat teenagers have a discussion on AIDS awareness.



Fred Clark teaches basic water rescue skills to some of the teenagers.

Teen Participants

Clayton Teen Center

Daonna Young	Lauren Curtain	Krystin Jones
Candice Lord	Emily Ferguson	Falon Tenery
Quill Ferguson	Sasha Davilla	Eddie Sparks
James Lewis	Stuart Melton	Thomas Dumas
Brian Reyes	Ange McRary	Mike Hougue
Stephanie Case	Katrina McCrory	Peter Higgins
Yeanina Parker	Fernando Perez	Jeff Ferguson
Nicole Ferguson	Shionna McCrory	David Hopper
Latoya Lewis	Kori Jones	John Calkins
		Jason Calkins

Howard Teen Center

Washington Dyson	Brandon Simpson	Jessica Julian
Josh Foster	Andre Wilson	Tara Bivcens
Jerold Ray	Anton Chisolm	Crystal Leby
Dustin Willford	Donnie Greenfield	Desiree Hogan
Ray LeClair	Andrea Dyson	Jodie Paramadore
	Rosetta Johnston	Mike Davis

Trips and tours

Air Force

◆**Outdoor Recreation: 284-6107**

Tours depart from Howard Theater.

Italian dining in Panama 6 - 10 p.m.

Saturday, \$7 per person.

Kayaking the Chagres River 8 a.m. - 2 p.m. Saturday, \$20. Don't miss the adventure of kayaking the Chagres River. Cost includes: transportation, guide, kayak, safety equipment and barbecue.

Peacock bass fishing 5 a.m. - 2 p.m. Saturday, \$25. Be prepared to catch a boat load of fish near Arenosa Village on Gatun Lake. Transportation, boat with guide, bait, ice and coolers for fish are provided.

El Valle shopping and sight-seeing 7 a.m. - 4 p.m. Sunday, \$14. Travel by bus to the beautiful mountains of El Valle, a sleepy village in an extinct volcano basin. Enjoy shopping in the native market and purchase handicrafts such as soapstone carvings, bateas, baskets, native fruits, vegetables and beautiful tropical plants and flowers.

Isla Grande snorkeling trip 8 a.m. - 7 p.m. Sunday, \$22. The abundant coral reef makes Isla Grande a great place for snorkelers. Come and explore the spectacle coral reef.

Parara Puru Indian village tour 8

a.m. - 4 p.m. Sunday, \$24. Take a cayuco ride along the Chagres River to visit the unique Parara Puru Indian community and experience their social lifestyle and witness their primitive customs dating 500 years ago. Bring a sack lunch and don't forget the camera.

Central Avenue and Via España shopping 9 a.m. - 2 p.m. Wednesday, \$9. Check out the great deals on Central Avenue and Via España on this fabulous shopping trip.

Jungle canopy tour Wednesday, \$65. Get a unique view of the jungle's canopy on this exciting tour. You will traverse from cable to cable through the jungle tops, just like monkeys do. Sign up now.

Barro Colorado Island tour 6 a.m. - 3 p.m. Thursday, \$65. See Mother Nature at her best on this boat tour of Barro Colorado, home to one of the Smithsonian Institute's tropical research centers.

Visit the Atlantic community 7 a.m. - 5 p.m. April 17, \$20. Take a trip to the Atlantic side and enjoy the scenery and visit Gatun Locks, Fort San Lorenzo and Fort Sherman zoo. Stop for lunch at the Tracon Club restaurant.

Old Panama and Miraflores Locks 9 a.m. - 4 p.m. April 18, \$12. Take a trip back to the 1600s and see the beautiful architecture of Colonial Panama. Visit such historical sites as the French Plaza, the National

Cathedral, the Church of the Golden Altar and the National Theater. Enjoy lunch at a typical Panamanian restaurant, then visit the Panama Canal Locks. Bring money for lunch and purchases.

Army

◆**Outdoor Recreation Center: 288-7355/6453**

Reservations for outings are under way at Building 178, Fort Clayton.

Barro Colorado Island April 18. Don't miss this opportunity. Space is limited, make your reservations now.

The Mamoni tradition overnight trip is available. Includes a two-hour drive into Chepo, and a three-hour horseback ride. Enjoy typical food, rustic sleeping accommodations and activities. Not meant for the mild at heart. Call the center for more information.

Ongoing features: Snorkel/divers at Portobelo and Isla Grande can be arranged. For more information, call the center.

◆**DCA Marina: 283-3147**

Rodman Marina features **ocean charters** for a minimum of three persons. Fee includes bait, tackle, rods and guide. For boating and fishing there are Boston Whalers, Jon boats and canoes. Pontoon boat packages available for parties or fishing. Also motors, camping equip-

ment, trailers and scuba equipment. Opens 6 a.m. - 6 p.m. Friday - Monday.

◆**Valent Recreation Center: 288-6500**

Make early reservations for tours: **Isla Grande** 6:30 a.m. Saturday.

El Valle adventure and shopping 6:30 a.m. Sunday. Picturesque town and market, great sightseeing locations.

Carlson Wagonlit offers the lowest military air fares, hotel, car rental discounts and more. Service also includes special weekday rates at Gorgona beachfront cabins; Chiva Parrandera on Thursdays, Fridays and Saturdays. For more information, call 288-7077.

Navy

◆**Morale, Welfare & Recreation: 283-4314/4301**

Coronado Gaviota Club Resort Sunday. This is a resort area with an excellent restaurant, bathroom facilities and shower. Bring extra money for eating and shopping. Call Sally Paramore. **Los Pueblos shopping trip** Thursday.

Free Zone April 22. Tentative.

Panama City tour April 24.

Water World Park April 26.

For more information, call Hugo Sealey.

Rec center news

Air Force

◆**Howard Community Center: 284-6161**

The center is located on the **Ground Floor of Building 707**. **New hours:** 7:30 a.m. - 7 p.m. Mondays - Fridays, noon - 6 p.m. Saturdays and closed Sundays and holidays. Down days noon - 6 p.m.

Stop by **Café Seven-O-Seven** and try the **deli menu**. Featuring sandwiches served with chips, cole slaw or pasta salad. Come and try the delicious pastries and donuts at the **House of Pastries**. **Hours of operation:** 6 - 7 p.m. Mondays - Fridays, 7 - 11 a.m. Saturdays, Sunday and closed holidays. Call 284-6161/5237/5848.

Vista Panama 7 p.m. April 30, free. The Howard Community Center is sponsoring "Vista Panama" at the **Tropic Breeze Club Ballroom**. Bring your family, cameras and camcorders. This exciting audio-visual presentation features the Panama Tourism Institute's fabulous three projector slide show, the national *Pollera*, the Kuna Indian dancers, a local art exhibition and more. Come and enjoy an assortment of Panama *typical* food.

◆**Howard Skills Development Cen-**

ter: 284-6361

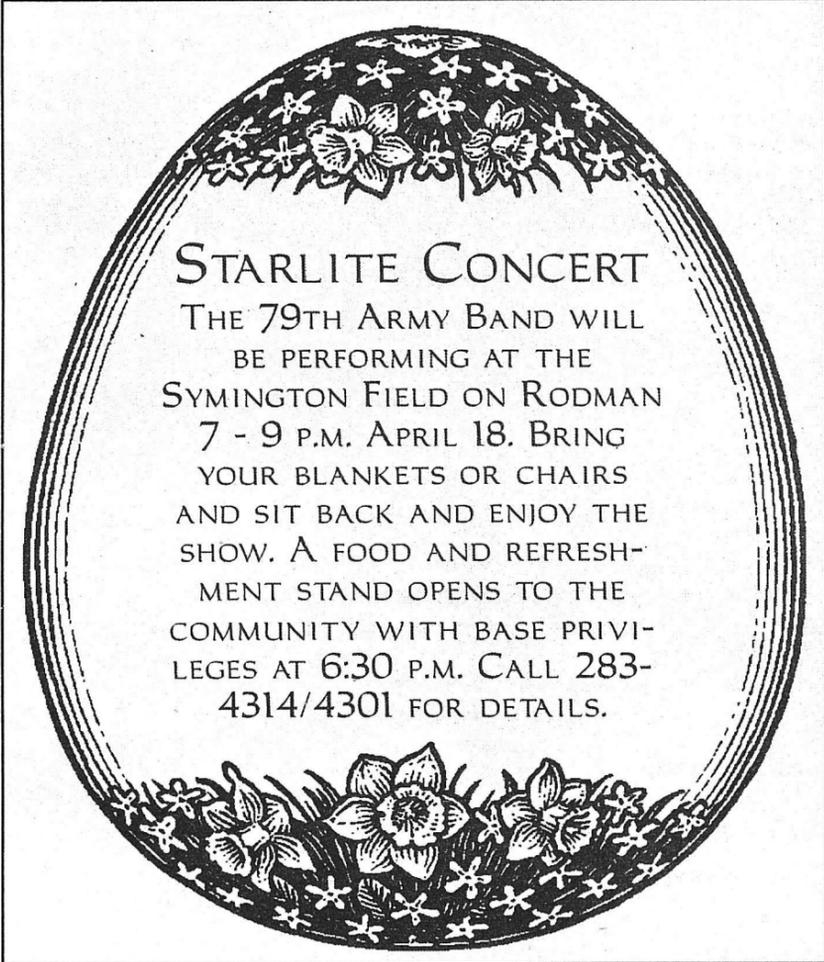
The **Balloon Shop** is located in the Skills Development Center, Building 711. Check our **daily specials** and make someone smile. The Skills Development Center now has the **Balloon Shop** and **Pack-N-Wrap** with gift, balloons, wrapping for shipping for all occasions.

◆**Outdoor Adventures: 284-6107**

Rent Howard bohios and pools for private parties or squadron functions. If you wish to serve alcohol, you must submit a **letter of request** to the 24th Support Group deputy commander at least four working days before the event.

◆**Howard AFB Sports and Recreation Rental Center: 284-6107/3539**

Check out the wide variety of **equipment for rent**, camping, fishing and boating, home entertainment, home improvement, outdoor, picnic & party, sports and cooking equipment for a minimal fee daily, weekend and weekly rental. PCSing? If so, get \$5 off weekly and monthly rentals on TVs, VCRs and TV/VCR combos. Must be accompanied by orders. Rent a mountain bike for a month or week and receive a free water bottle.



STARLITE CONCERT
THE 79TH ARMY BAND WILL BE PERFORMING AT THE SYMINGTON FIELD ON RODMAN 7 - 9 P.M. APRIL 18. BRING YOUR BLANKETS OR CHAIRS AND SIT BACK AND ENJOY THE SHOW. A FOOD AND REFRESHMENT STAND OPENS TO THE COMMUNITY WITH BASE PRIVILEGES AT 6:30 P.M. CALL 283-4314/4301 FOR DETAILS.

Arts and crafts

Air Force

◆**Howard Skills Development Center: 284-6361**

The center accepts commercial credit cards.

Registration and payment are required before attending classes. Classes will be cancelled 24 hours prior if minimum participation is not met.

Basic framing 1 - 3 p.m. Saturday. Bring a photo, water color or needlework no bigger than 8x10.

Beginner's ceramics 10:30 a.m. Saturday. Learn how to pour, paint and glaze ceramic pieces.

Stenciling everywhere 5:30 - 7 p.m. Tuesday; 9:30 - 11 a.m. Wednesday, \$8 plus supplies.

Air brush class 5 - 7 p.m. Tuesday, \$5 includes supplies and one lesson.

Introduction to colors 5 - 8 p.m. Tuesday, \$15 plus supplies.

Spring stamping 10 a.m. - 1 p.m. Thursday, \$6 plus supplies.

Army

◆**Fort Clayton Arts and Crafts Center: 288-5957/7360**

Learn **drawing, acrylic, watercolor and oil painting techniques**. Classes are 7 - 9 p.m. Wednesdays and Thursdays for eight sessions. Register in advance.

Crafts classes available:

Pottery class 1 p.m. Wednesdays.

Woodworking qualification class 9:30 a.m. - noon Saturdays.

Guitar construction 7 - 9 p.m. Thursday.

Framing instruction 6:30 - 9 p.m. Thursday.

◆**Fort Clayton Ceramics Shop: 288-4360**

Ceramic instruction available:

Beginners ceramic painting 6 - 8 p.m. Thursdays. Fee is \$20.

Ceramic qualification 10 a.m. - 12:30 p.m. Saturdays.

Ceramic orientation for pouring 2 - 3 p.m. Wednesday.

Pastel chalk technique 4 - 5 p.m. Wednesdays, \$10 plus supplies.

Eye painting 7 p.m. Wednesday, \$5.

Dry brush technique 2 - 3 p.m. Thursdays.

Airbrush classes, 6:30 - 8:30 p.m. \$5.

Clay Flower making 11 a.m. - 1 p.m. Sundays, \$15, four sessions.

Learn to apply Fiesta Color 2 - p.m. Sundays. Cost \$20. Four sessions.

Stone stroke class, Sundays. Cost \$10 for two sessions.

Children's classes: Art and Craft workshops 10 - 11:30 a.m. Saturday. Children 9- to 13-years-old, four sessions, supplies included.



Atlantic news

Army

◆ **Ocean Breeze Recreation Center: 289-6699**

Certified massage therapist by appointment, one hour to 15-minute sessions, Mondays, Tuesdays and Thursdays.

Martial arts classes offered on a monthly basis 6 - 7 p.m. Tuesday. Monthly fee.

Spanish lessons available. Advance registration required.

Enjoy El Valle horseback riding Saturday.

Snorkel/dive April 25. Sail in a beautiful catamaran, around Taboga and Chama Island.

Reservations are ongoing for April highlights: Deep sea fishing trip, Contadora Island overnight and Taboga Island day trip.

◆ **Sherman Rental Center: 289-6104**

Pontoon charters for fishing or cruising, \$30/hour, 10-person capacity. Fee includes captain, crew, tackle and ice.

The center has custom outings that can be arranged at your convenience. Enjoy fishing trips at Gatun Lake aboard the pontoon boats, snorkeling or diving at Orange Island. Fee includes equipment, boat, operator and guide.

Motorboat operator's safety classes 8 a.m. - noon monthly at the Sherman Lagoon. Fee is \$10. Space is limited to the first 10 participants. Sign up in advance.

JAMMIN' AT JARMAN
18 April - begins at 3 p.m.
Jarman Field, Ft. Clayton.
Great Live Entertainment, Refreshments on sale

Community Appreciation Day

Jamming at Jarmin is April 18 and features a children DoD magic show, mimes and face painting 3 - 4:30 p.m.; *Los Pescuzipelaos* cumbia/folk rock 4:30 - 6 p.m.; DJ variety music 6 - 6:30 p.m.; WoodStock Classic rock & roll 6:30 - 7:30 p.m.; DJ variety music 7 - 8 p.m. and closing that day is *Oswaldo Ayala* typical music 8 - 10 p.m.

Special events

Art and Sale exhibition

◆ **Howard Community Center:**

Panamanian artist Edwin Ortiz and Julian Vasquez will be featured at the Howard Community Center. The art and sale exhibition starts 1 p.m. Wednesday at the center. Stop by and view the painting which are done in the "Costumbrista" style. For more information on the art and sale exhibition, call the center.

Starlight cruise

◆ **American Society of Panama:**

The American Society of Panama is sponsoring a Starlight Dinner Cruise on MV *Fantasia del Mar*. The boat departs Balboa Pier 18, 6:30 - 10 p.m. May 7. The cruise, out into Panama Bay under the stars, will feature a buffet dinner, pay as you go bar and music for dancing. Tickets are \$15 for members and \$20 for non-members. For tickets, call 264-8385 or 272-5177.

High School play

◆ **International School of Panama:**

International School of Panama students will present the comedy "The Curious Savage" 8 p.m. April 23, 24 and 25 at the Ancon Theater Guild. Written by John Patrick, the play challenges society's materialistic values in a humorous tale about an eccentric old woman who tricks her greedy relatives from the confines of an institution.

Shops and classes

Air Force

◆ **Howard Community Center: 284-6161**

Okinawa Kenpo Karate classes 6 - 7:15 p.m. Mondays and Wednesdays. Cost \$25 per month.

Beginner, intermediate and advanced English and Spanish classes. Call the center for more information.

Violin classes available once a week for 40 minutes. Group and individual classes for 5-year-olds to adults. Call for schedule and prices.

◆ **Howard Pool: 284-3569**

Hours of operation: 10 a.m. - 6 p.m. Tuesday - Sunday and holidays. Closed Monday.

The Pool is offering a special for kids Thursday - Monday. Swimming is free for kids 11-years-old and under.

◆ **Howard Auto Skills Center: 284-3370**

Hours: 9 a.m. - 9 p.m. Tuesdays - Fridays, 9 a.m. - 5 p.m. Saturdays, 11 a.m. - 5 p.m. Sundays. Mechanics available 9 a.m. - 5 p.m. Tuesdays - Saturdays.

Services: Towing 9 a.m. - 5:30 p.m. Tuesdays - Fridays, 9 a.m. - 5 p.m. Saturdays (as long as a qualified driver is on duty). If a tow extends beyond 5:30 p.m., there is an additional hourly charge; air conditioning repair, brakes, oil changes, tune-ups, front-end alignment and welding available.

Vehicle inspection services 9:30 a.m. - 5 p.m. Tuesday - Friday and 9:30 a.m. - 4:30 p.m. Saturday. No inspections Sunday or Monday. Cost is \$10. Have your vehicle inspected at the center in Building 722. Vehicles cannot be left for inspections.

Tow service 9 a.m. - 5 p.m. Tuesday - Friday and 9 a.m. - 5 p.m. Saturdays,

as long as a qualified driver is on duty. Call the center for more information.

◆ **Howard Wood Skills Center: 284-4510**

Open 2 - 9 p.m. Wednesdays - Fridays, 9 a.m. - 5 p.m. Saturdays, 11 a.m. - 5 p.m. Sundays and holidays. Closed Mondays and Tuesdays.

Woodworking class 1 - 4 p.m. Saturday, \$25 plus supplies. This class covers basic shop qualifications, planning and building a project.

Machine qualification courses 10 a.m. - noon Saturday, \$8 plus supplies. This class is required for anyone interested in using the center.

Army

◆ **Fort Clayton Pool: 288-6660**

Swimming lessons begin Monday. Four levels are available with four sessions during three weeks. Space is limited to seven participants per class.

◆ **Fort Clayton Boat & Scuba Shop: 288-7355/6453**

Basic sailing classes are conducted for two consecutive weekends Saturday and Sunday and April 18 - 19. Register at Building 178.

Fishing enthusiasts are invited to participate in the ongoing heaviest bass of the week (more than four pounds) competition. Win a free day-boat rental.

Motorboat operator course offered 8 a.m. - noon monthly. Fee is \$10 for Jon boat certification, \$20 for Boston Whaler/ocean certification. Advance reservation.

Gatun Lake fishing charters available. \$30/person, minimum of three people, includes Jon boat w/30hp. Includes boat, guide, cooler, fishing tackle and bait and safety equipment.

Open-water dive classes begin Mon-

days. Minimum of six people required. Includes pool sessions, theory sessions and open-water dives. Register in advance. As a bonus, class participants receive 10 percent discount at the Twin Ocean Pro Shop.

The Scuba Shop has equipment for rent, advanced instruction and services to include repairing spear guns, regulators and gauges.

◆ **Twin Oceans Pro Shop - AquaCenter, Building 178, Fort Clayton: 288-7355**

The Pro Shop has lots of merchandise on hand... scuba swim wear and the necessary equipment - whether a beginner or advanced diver.

◆ **Auto Craft Center:**

The center is located in Buildings 178-A, B, C and Building 135, Fort Clayton.

The shop features work area bays, electric lifts and instruction and classes.

Electric engine analysis 4 - 9 p.m. Mondays.

Air-condition maintenance 2 p.m. Mondays, Thursdays and Fridays. Noon - 5 p.m. Saturdays, 10 a.m. - 5 p.m. Sundays.

Wheel alignment 3 - 9 p.m. Mondays, Thursdays and Fridays.

Brake repair class 1 - 9:30 p.m. Fridays.

◆ **Fort Sherman Auto Shop Building 153:**

Hours of operation: noon - 4 p.m. Sunday, closed Monday and Tuesday, 4 - 8 p.m. Wednesday, Thursday and Friday and 10 a.m. - 6 p.m. Saturday and holidays.

The shop has four bays with one engine lift, tire-changing equipment, engine hoist, a compressor to remove shocks, and various other equipment.

◆ **Valent Recreation Center: 288-6500**

New hours of operation: 12:30 - 9:30 p.m. Monday - Friday, 9 a.m. - 9:30 p.m. Saturday, Sunday and holidays.

Register for ongoing classes.

Earth Day Display Wednesday - Tuesday. Stop by and see what you can do to help take better care of our Mother Earth.

Spanish headstart class, 8-week course, meets twice a week. Intermediate Spanish classes available. Fee includes manual.

Acoustic and electric guitar lessons, Monday, Wednesday or Saturday, half-hour sessions.

Piano classes Mondays - Thursdays, half-hour sessions.

Basic English 10:10 a.m. Tuesday and Thursday. Intermediate English Monday and Wednesday.

Drum classes, half-hour session between 11 a.m. - 7 p.m. Mondays - Thursdays.

African dance movement, monthly course 6 - 7 p.m. Fridays.

Navy

◆ **Rodman Recreation Center: 283-4222/4332**

Stop in and play pool, table tennis, darts, foosball and lots of games. Join us and enjoy our big screen TV.

◆ **Rodman Pool: 283-4253/3150**
Swimming lessons. Cost \$15 for 12 lessons.

If you want to take a late swim, the pool is open until 8 p.m. Thursdays.

The Tropical Oasis is serving delicious frozen fruit drinks.

3-on-3 water basketball April 17.

Employment

The Directorate of Civilian Personnel is accepting applications on a continuous basis for the following announcements. All interested applicants need to re-submit an updated SF-171 every six months. Registers established from these announcements will be used to fill temporary positions.

VB# 51-OC General Clerical, NM-4 (Used to fill most clerical positions).*

VB# 52-OC Sales Store Checker, NM-3 (Intermittent work sch).*

*CASP NOTICE OF RATING REQUIRED. CASP exam is currently offered only to U.S. citizens and military dependents by the Recruitment and Examining Division (CEO/RED), Building 363, ANCON, Tel. 272-3584.

VB# 55-OC Secretary (Typing/Office Automation), NM-5, specialized experience required.

OPEN UNTIL FILLED:

171-98-SC SECRETARY(OA), NM-318-07. SENSITIVE. DOL, Office of the Director, Corozal, Panama. Spec. Exp.: 1 yr. equiv. to NM-06. TIG: 1 yr. at NM-06. NOTE: Must be able to obtain security clearance at the secret level. A qualified typist is required.

229-98-SC MEMORIAL SERVICES ASSISTANT, NM-303-05. DOL, Services Division, Fort Clayton, Panama. Spec. Exp.: 1 yr. equiv. to NM-04. NOTE: Must be able to lift up to 70 lbs. With reasonable accommodations without difficulty.

VB# VACANCIES, TITLE AND LOCATION OPEN: 04-10-98 CLOSE: 04-21-98

066-98-LM SUPERVISORY PHYSICAL SECURITY SPECIALIST, NM-080-12. SENSITIVE. Installation Provost Marshal, Physical Security Section, Fort Clayton, Panama. Spec. Exp.: 1 yr. equiv. to NM-11. TIG: 1 yr. at NM-11. NOTE: Must be able to obtain security clearance at the secret level.

211A-98-SS MANAGEMENT ASSISTANT(OA), NM-344-05/07. SENSITIVE. 56th Signal Battalion, Corozal, Panama. Spec. Exp.: 1 yr. equiv. to NM-04. NOTE: Must be able to obtain security clearance. A qualified typist is required (40 wpm). Office automation is required. This position will be relocating outside of the Republic of Panama with USARSO in FY1999. Selectee will be required to sign a mobility agreement, concurring to the transfer as a condition of employment. Area of Consideration: Career/career conditional employees in the federal service and individuals with reinstatement eligibility. Non-status applicants must apply through the Recruiting and Examining Division, at Building 363, Ancon, Panama.

250-98-GC LOGISTICS MANAGEMENT SPECIALIST, NM-346-13. SENSITIVE. USARSO, Treaty Implementation Office, Fort Clayton, Panama. Spec. Exp.: 1 yr. equiv. to NM-12. TIG: 1 yr. at NM-12. NOTE: Must be able to obtain security clearance. TEMPORARY NTE: 09/30/98. Detail/temporary promotion opportunity for permanent employee; temporary appointment for non-status candidates. Position may be extended for up to 1 yr. beyond 09/30/98 depending on funding.

251-98-GC TRAINING PROGRAM SPECIALIST, NM-301-09. SENSITIVE. DCSOPS, Training Division, Fort Clayton, Panama. Spec. Exp.: 1 yr. equiv. to NM-07. TIG: 1 yr. at NM-07. NOTE: Must be able to obtain security clearance. Limited to permanent employees only. Non-status applicants need to apply through the Recruitment and Examining Division (formerly CEO) at Ancon. This position will be relocating outside the Republic of Panama in CY 1999. Selected candidate will be required to sign a Mobility Agreement agreeing to this transfer as a condition of employment.

252-98-SC QUALITY ASSURANCE SPECIALIST, NM-1910-09. DOL, Contract Management Division, Corozal, Panama. Spec. Exp.: 1 yr. equiv. to NM-07. TIG: 1 yr. at NM-07. NOTE: Driver's license is required.

254-98-SC AUTOMOTIVE EQUIPMENT REPAIR INSPECTOR, MG-5823-11. Federal Supply Service, Corozal, Panama. NOTE: Driver's license is required. Spec. Exp.: Must have had at least four years of progressive practical experience in the maintenance, overhaul and repair of combustion-powered automotive vehicles, over-the-road trucks, or comparable vehicles. The experience may have included an apprenticeship plus specialized experience in a related occupation.

255-98-SS COMPUTER ASSISTANT(OA), NM-335-5. 56th Signal Battalion, Corozal, Panama. Spec. Exp.: 1 yr. equiv. to NM-04. NOTE: TEMPORARY NTE: 03/30/99. A qualified typist is required (40 wpm).

256-98-SS LEAD TELEPHONE OPERATOR, NM-382-6. SENSITIVE. 56th Signal Battalion, Fort Clayton, Panama. NOTE: Must be able to obtain security clearance. TEMP NTE 1 yr. Spec. Exp.: 1 yr. equiv. to NM-5. TIG: N/A. COMP TEMP PROM NTE 1 yr. Spec. Exp.: 1 yr. equiv. to NM-7. TIG: 1 yr. at NM-5.

257-98-LM (3)WRITER-EDITOR, NM-1082-7/9. US Army South, Tropic Times, Corozal, Panama. NOTE: Driver's license is required. Grade NM-7 Spec. Exp.: 1 yr. equiv. to NM-05. TIG: 1 yr. at NM-05. For NM-9 Spec. Exp.: 1 yr. equiv. to NM-07. TIG: 1 yr. at NM-7.

258-98-LM ADMINISTRATIVE SUPPORT COORDINATOR (OA), NM-0342-07. SENSITIVE. USA Materiel Command, Logistics Assistance Office, Fort Clayton, Panama. Spec. Exp.: 1 yr. equiv. to NM-06. TIG: 1 yr. at NM-06. NOTE: Must be able to obtain security clearance. A qualified typist is required. Area of Consideration: Career/career conditional employees in the federal service and individuals with reinstatement eligibility. This position will be relocating outside the Republic of Panama in CY 1999. Selected candidate will be required to sign a Mobility Agreement agreeing to this transfer as a condition of employment.

WORLDWIDE ANNOUNCEMENTS

VB# VACANCY, TITLE AND LOCATION OPEN: 03-20-98 CLOSE: 04-20-98

WW-234-98-GC LOGISTICS MANAGEMENT SPECIALIST, NM-346-12. SENSITIVE. DCSLOG, Readiness Division, Fort Clayton, Panama. Spec. Exp.: 1 yr. equiv. to NM-11. TIG: 1 yr. at NM-11. NOTE: Must be able to obtain security clearance. Area of Consideration: Career/career conditional employees in the federal service and individuals with reinstatement eligibility. This position will be relocating outside the Republic of Panama in CY 1999. Selected candidate will be required to sign a Mobility Agreement agreeing to this transfer as a condition of employment.

Club news

Clayton

◆**The Loop: 288-7035**

CJ's Sports Bar has daily lunch specials 11:30 a.m. - 1:30 p.m. Mondays - Fridays. Dinner 5 - 9 p.m. Mondays - Fridays, noon - 9 p.m. Saturdays and Sundays.

Enjoy the sports games on the big screen TVs Saturday and Sunday afternoons and Monday nights.

◆**Clayton Community Club: 288-4716**

Easter Sunday brunch 10:30 a.m. - 1:30 p.m. Sunday. Enjoy the hot and cold entrees, salads, breakfast items, pastries and desserts. Great food and background music.

Visit the new Forum and enjoy the new look. Country buffet 5 - 9 p.m. Wednesdays has features from ham hocks and fried chicken to black-eyed peas. Italian Thursday serves four pastas with four different sauces, seafood Fridays and discover the new Hoko's Chinese buffet Saturdays.

The Carol Cuisine is 6 - 9 p.m. Thursday. Enjoy a delicious selection of Panamanian dishes and folkloric entertainment.

Entertainment: Disco 9 p.m. - 3 a.m. Wednesdays, Fridays & Saturdays in the ballroom.

Social hour is back 5 - 8 p.m. Fridays.

Tecno Latin sounds 9 p.m. Fridays and Saturdays in The Underground.

◆**Casa Maria: 288-5767**

Authentic Mexican cuisine served 5 - 9 p.m. Mondays - Saturdays. Delivery service available on Fort Clayton.

The Corral 7 - 8 p.m. Tuesday. Learn how to Country and Western dance.

◆**La Mola Café: 288-4202**

Breakfast 6:30 - 9:30 a.m. Mondays - Fridays, 7 - 11 a.m. Saturdays - Sundays; lunch 11 a.m. - 1:30 p.m. Mondays - Fridays, 11 a.m. - 1 p.m. Saturdays - Sundays; dinner 5 - 8 p.m. Daily.

◆**Cafe 519: 288-6007**

Breakfast 6 - 11 a.m. Mondays - Fridays. Lunch begins at 11 a.m. with hot specials, a salad bar and sandwiches. Enjoy a special buffet Thursdays.

◆**STRAC Jr. Club: 283-4119**

STRAC Jr. Club is now open on the Ground Floor of Cocoli Center building. The lounge opens 5 - 10 p.m. Thursday - Sunday. Snacks and pool table available.

Sherman

◆**Sherman Community Club: 289-6116/6198**

Disco nights 8 p.m. - 1 a.m. Fridays and Saturdays. Country and Western nights 8 - 11 p.m. Thursdays.

Fast food menu items served 5 p.m. Sunday - Tuesday, 6 p.m. Wednesday - Saturday.

Howard

◆**Howard Club Dining Room - Building 113: 284-4680. Open to all ranks.**

New all ranks evening dining menu 5:30 - 9 p.m. Wednesday - Saturday. Join us and enjoy a fantastic menu with a great selection to please everyone, great appetizers, lite and healthy choice, hometown favorites, variety of poultry dishes, beef plates, a selection of pastas and more. Children menu is also available.

Easter Sunday brunch 10 a.m. - 1:30 p.m. \$9.95. Bring your whole family and feast on all your favorite food. Reservations are recommended.

Weekly lunch buffet all-you-care-to-eat 11 a.m. - 1 p.m. \$5.95. Monday: American buffet, Tuesday: Italian, Wednesday: Mexican, Thursday: Oriental, and Friday: Southern buffet.

Lunch buffet 11 a.m. - 1 p.m. Monday - Friday at Howard Club. You'll receive a free lunch after 10 visits. Just ask the cashier for your lunch bunch card.

Two-Can Officers' Lounge super social hour 4 p.m. - midnight Friday. Bar open 4 - 10 p.m. Saturday and 4 - 9 p.m. Wednesday - Thursday. Closed Sunday - Tuesday.

Howard Club closed 2 p.m. Mondays and Tuesdays.

◆**Tropic Breeze Club: 284-4189**

Cashier hours: Open 10 a.m. - 10 p.m. Saturdays - Wednesdays, 9 a.m. - 10 p.m. Thursdays, 9 a.m. - midnight Fridays, and close for lunch 1:15 - 2 p.m. daily.

A la carte breakfast 6 - 9 a.m. Mondays - Fridays.

Weekly lunch menu 11 a.m. - 1:30 p.m., \$3.95. Fridays: Seafood lunch. Salad and taco bar also available and sandwich bar open 11 a.m. - 1 p.m. weekly. Mondays: a little taste of Italy; Tuesdays: all-American honesty; Wednesdays: Oriental specialties; Thursday: Spicy Tex-Mex plate.

Breezeway open 11 a.m. - 9 p.m. Sundays - Thursdays, 11 a.m. - 10 p.m. Fridays and Saturdays.

◆**Tropic Breeze Club Ballroom: 284-4189**

The new no-smoking ballroom is open for special

functions only.

◆**Tropic Breeze Club Casual Cove: 284-4189**

All-night disco 9 p.m. - 5 a.m. Friday. The disco party is open to enlisted club members and their guests.

Super social hour 5 - 6 p.m. Fridays. Free food for club members.

Friday classic rock 4 - 8 p.m. Classic rock with music producers.

R & B with K.M. Productions in the dining room 5 - 9 p.m. Friday.

Disco dance with Rose's fabulous light and sound show 8 p.m. - 2 a.m.

Variety music with Music Producers 8 p.m. - 1 a.m. Saturday, 8 - midnight Sunday and Monday.

Karaoke night 8 p.m. - 2 a.m. Tuesday

Rock & roll, variety music with Greg Norton and Music Producers 8 p.m. - midnight Wednesday.

Dance the night away with Country Western music and the Music Producers 8 p.m. - midnight Thursdays.

◆**Top Three Club: 284-4189**

Club is closed Sundays.

Boss-N-Buddy night 4:30 - 9 p.m. Mondays - Tuesdays.

Horoko

◆**Mulligan's on the Green at Horoko: 283-3295**

Build-your-own breakfast 6 - 10 a.m. Saturdays, Sundays and holidays. Open for lunch and dinner weekly 10 a.m. - 8:30 p.m. Mondays - Thursdays, 10 a.m. - 9:30 p.m. Fridays, 6 - 9:30 p.m. Saturdays and 6 a.m. - 8:30 p.m. Sundays and holidays.

Mongolian barbecue 5:30 - 8:30 p.m. \$8.95, for the first eight ounces and \$4.95 for the vegetarian version.

Rodman

◆**Upper Deck Restaurant: 283-4498/4478**

Breakfast served 6:30 - 8:30 a.m. Mondays - Fridays.

Early bird breakfast special. Come in between 6:30 - 7 a.m. and receive 10 percent off your breakfast food.

All-you-can-eat lunch buffet and grill menu 11 a.m. - 1:30 p.m. weekdays, \$4.95; Try our delicious soup and salad bar. If you don't want the buffet, order from the grill menu and get a cup of soup for \$0.75.

Weekly lunch specials: Mondays: Pasta feast; Tuesdays: Mexican platter; Wednesdays: fried chicken; Thursdays: lasagna with garlic bread; and Fridays: roasted turkey with dressing.

Family night 6 - 9 p.m. Wednesday, two delicious specials to choose from, fried chicken or fish \$5.50 per person. Kids eat at half price. There is a clown to entertain the kids with fun games, balloons and face painting.

Mongolian barbecue 6 - 9 p.m. Thursday, \$8.95, \$0.50 each additional ounce. Select chicken, turkey, shrimp and beef, add your favorite vegetables and spices. Vegetarian also available for \$4.50.

◆**Mulcahy's Bar & Grill: 283-4498**

Open to all ranks 4:30 p.m. weekdays, 5 p.m. weekends. Bar opens at 5 p.m.

Filler-up mug brought to you weekly, \$1.50 refills for \$1 and you get to keep the mug. You can purchase jumbo shrimp 5:30 - 7 p.m. or until gone. Lounge menu available until 8 p.m.

Kicker specials are served daily for \$1.

Ice bucket special Mondays for \$1.50. Tuesday - Sunday \$1.75.

Fat Tuesday 6 - 9 p.m. Come in and order from Lounge Menu and receive 25 percent off your bill.

Seafood extravaganza Friday. Two delicious specials seafood combo and lobster thermidor for \$17.25.

Sunday action movie starts at 5:30 p.m. and features "Gang Related."

Girls' night out 7 - 10 p.m. Thursday. Bring five friends and receive a gift. Appetizers served at 7 - 8 p.m. Lounge menu available until 9 p.m.

Giveaways 8 p.m. every Fridays. Door prizes or a weekend for two at the following locations: Hotel Camping Resort, Costa Del Sol, Club Gaviota Coronado or Gorgona Jays and other prizes.

Lobster night 5 p.m. Saturday until gone.

Dance all night, tonight. Come on over and get on the dancing floor, and dance the night away.

Sunday action movie 5:30 p.m., "The Game."

Karaoke night 8 p.m. Saturdays. There is cash and prizes.

◆**Paradise Hut: 283-4498**

Attitude Adjustment April 17. Come join the fun and try your luck at winning door prizes or a weekend get away trip.



RODMAN NS UPPER DECK RESTAURANT IS HOSTING A FAMILY NIGHT 6 - 9 P.M. WEDNESDAY WITH TWO DELICIOUS SPECIALS TO CHOOSE FROM: FRIED CHICKEN OR FISH, \$5.50 PER PERSON. KIDS EAT AT HALF PRICE. THERE IS A CLOWN TO ENTERTAIN THE CHILDREN ALONG WITH FUN GAMES, BALLOONS AND FACE PAINTING.



Location	Today	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday
Howard AFB 284-3583	6:30 pm: <i>Kundun</i> 9 pm: <i>Deperate Measures</i>	4 pm: <i>Sphere*</i> 6:30 pm: <i>Wild Things*</i> 8:45 pm: <i>Primary Colors*</i>	4:30 pm: <i>Flubber**</i> 6:30 pm: <i>Spice World</i> 8:30 pm: <i>Deperate Measures</i>	7 pm: <i>Wild Things*</i>	7 pm: <i>Kundun</i>	7 pm: <i>Deperate Measures</i>	7 pm: <i>Wild Things*</i>
Fort Clayton 288-7279	6:30 pm: <i>Spice World</i> 8:30 pm: <i>Wild Things*</i>	4:30 pm: <i>Mr. Magoo**</i> 6:30 pm: <i>Kundun</i> 9 pm: <i>Deperate Measures</i>	4 pm: <i>Sphere</i> 6:30 pm: <i>Wild Things*</i> 8:45 pm: <i>Primary Colors*</i>	7 pm: <i>Deperate Measures</i>	7 pm: <i>Wild Things*</i>	7 pm: <i>Kundun</i>	7 pm: <i>Deperate Measures</i>
Fort Sherman 289-6251	7 pm: <i>U.S. Marshalls*</i>	7 pm: <i>The Man With The Iron Mask*</i>	7 pm: <i>Jackie Brown</i>	NO SHOW	NO SHOW	NO SHOW	NO SHOW

Theater news

Check the AAFES Home Page for up-to-the-minute changes at:

www.panama.phoenix.net/~aafespan/default.html

Tickets are available in five price categories: \$3.50, \$3, \$1.75, \$1.50 and \$1. *First run movies \$3.50 **Special Price

Movie Guide Rating

- R** Restricted. Under 17 requires accompanying parent or adult guardian.
- PG-13** Parental guidance suggested for children under 13.
- PG** Parental guidance suggested.
- G** Suitable for general audience.



Now showing

Desperate Measures

Andy Garcia, Michael Keaton

San Francisco police officer Frank Connor must find a bone marrow donor for his dying son. The only match is the vicious murderer, Peter McCabe. In an effort to escape from prison McCabe agrees to donate his bone marrow. It seems that all McCabe has on his mind is freedom. **R, 1 hr, 40 min.**

Flubber

Robin Williams, Wil Wheaton

Robin Williams plays the absent minded professor who accidentally discovers the magical mischievous stuff. The gravity defying substance causes chaos in every application and denergizes the lives of those it encounters. **PG, 1 hr, 34 min.**

Jackie Brown

Pam Grier, Samuel L. Jackson

Jackie Brown a stewardess, supplements her income by smuggling money into the country from Mexico. She not only works for airline, she also works for the notorious illegal arms dealer, Ordell. She is busted by Federal agents and the only way she'll stay out of jail and keep her job, is to set up a sting operation. She has to bring in a half million dollars and bring down Ordell. **R, 2 hrs, 34 min.**

Kundun

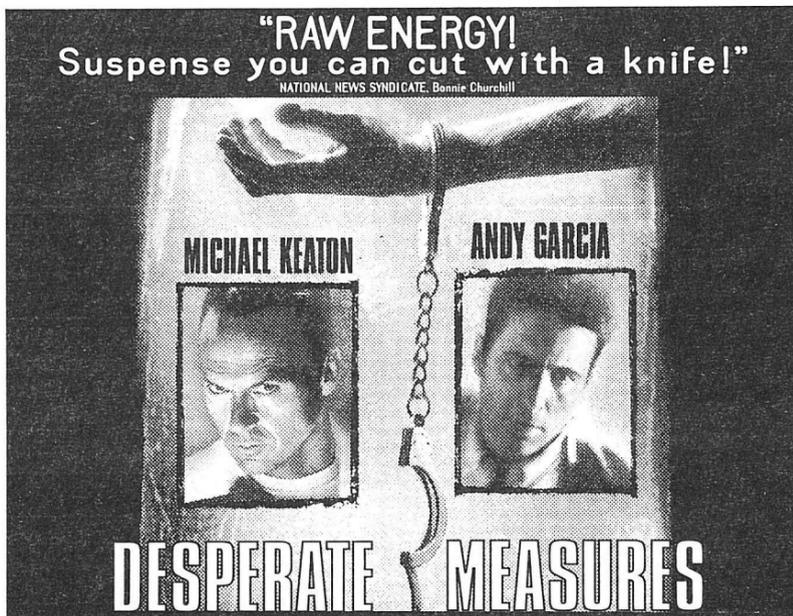
Tenzin Thuthob Tsarong, Byurme Tethong

This drama spans the life of the Buddhist Dalai Lama from 1937 through 1950. The Buddhist principle of non-violence was shattered by the Chinese invasion of Tibet. The Dalai Lama was forced from Tibet by the conquering Communist Chinese and is now exiled in India. **PG-13, 1 hr, 23 min.**

Mr. Magoo

Leslie Nielson, Kelly Lynch

When a stolen gem lands in the hands of nearsighted millionaire, Quincy Magoo, a sinister plot is hatched to steal it back. Always the target of evil culprits, the elderly Magoo manages to escape, oblivious to the dangers around him. Magoo ultimately nabs the villains with the help of his



Showing today at Howard Theater.

nephew, Waldo, and his bulldog. **PG, 1 hr, 25 min.**

Primary Colors

John Travolta, Emma Thompson

Henry Burton is looking for something or someone to believe in. He joins the presidential campaign of Jack Stanton. During the long campaign there are rumors of sex scandals. Henry discovers that politics and scandal are both part of growing up in America. **R, 2 hrs, 24 min.**

U.S. Marshalls

Tommy Lee Jones, Wesley Snipes

Tommy Lee Jones returns to his FUGITIVE role as relentless US Marshal Samuel Gerard. The fugitive in this action suspense thriller is Wesley Snipes, a secret government operative falsely accused of two murders. **R, 2 hrs, 15 min.**

Sphere

Dustin Hoffman, Sharon Stone

Hoffman, Stone and Samuel L. Jackson take the plunge in this big budget adaptation of Michael Crichton's deep-sea thriller. Director Barry Levinson helms the story of a 300-year-old space craft found at the bottom of the ocean. Psychologist Hoffman, biochemist Stone and mathematician Jackson are the lucky crew hand picked to see what's inside. **PG-13, 2 hrs, 12 min.**

Spice World

Richard E. Grant, The Spice Girls

This musical comedy follows five days in the lives of The Spice Girls. The Spice Girls are Emma, Geri, Victoria, Mel C and Mel B. The popular music group play themselves, as they prepare for their first live concert. **PG, 1 hr, 33 min.**

The Man in the Iron Mask

Leonardo DiCaprio, Jeremy Irons

Jeremy Irons, John Malkovich, and Gerald Depardieu portray the three Musketeers at a point in their lives where their best swashbuckling days are behind them. Leonardo DiCaprio takes on the dual roles of the wickedly tyrannical King Louis XIV, and the title character. **PG-13, 2 hrs, 12 min.**

Wild Things

Kevin Bacon, Matt Dillon

When a High School Counselor is accused of raping a student, his carefully structured life is ruined. But, as the investigating detective begins to discover; there is a more devious plan at work, the stakes are much higher than anyone knew and nothing is as it seems. **R, 1 hr, 46 min.**



Howard AFB

6:30 pm: Krippendorf's Tribe (PG-13)

Richard Dreyfuss, Jenna Elfman

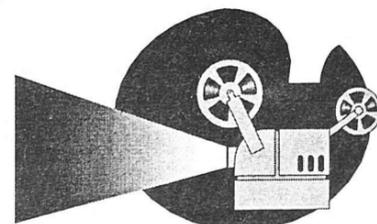
8:30 pm: *The Replacment Killers (R)*
Chow Yun-Fat, Mira Sorvino

Fort Clayton

6:30 pm: *Lost in Space (PG-13)**

William Hurt, Gary Oldman

8:50 pm: *Senseless (R)*
Marlon Wayans, David Spade



Early morning & daytime TV programming

Key: + Program time change due to live programming event; * Mature theme; ** Series starts; ***Series ends; **** Program moved to new day and/or time

Channels 8 & 10

Friday, April 10	Saturday, April 11	Sunday, April 12	Monday, April 13	Tuesday, April 14	Wednesday, April 15	Thursday, April 16
6:00 Today	6:00 Headline News	6:30 On Main Street	6:00 Today	6:00 Today	6:00 Today	6:00 Today
8:00 Headline News	6:30 Classic Cartoons	7:00 Coral Ridge	8:00 Headline News	8:00 SCN News	8:00 SCN News	8:00 SCN News
8:30 Showbiz Today	7:00 Puzzle Place	7:30 Christopher Closeup	8:30 Showbiz Today	8:30 Showbiz Today	8:30 Showbiz Today	8:30 Showbiz Today
9:00 Jim Henson's Tale Of Bunny Picnic	7:30 Magic School Bus	8:00 Sunday Today	9:00 Sesame Street	9:00 Sesame Street	9:00 Sesame Street	9:00 Sesame Street
10:00 Sesame Street Special	8:00 Brand Spanking New Doug	9:00 Gargoyles	10:00 Busy World Of Richard Scarry	10:00 Fraggle Rock	10:00 Sesame Street Special	10:00 Fraggle Rock
10:30 Kiana's Flex Appeal	8:30 Sylvester And Tweety	9:30 Arthur**	10:30 Kiana's Flex Appeal	10:30 Fitness Beach	10:30 Bodyshaping	10:30 Fitness Beach
11:00 Oprah Winfrey	9:00 Aaahh! Real Monsters	10:00 Sunshine Factory	11:00 Oprah Winfrey Show	11:00 Oprah Winfrey	11:00 Oprah Winfrey	11:00 Oprah Winfrey
12:00 Headline News	9:30 Bonechillers	10:30 Headline News	12:00 Headline News	12:00 Headline News	12:00 Headline News	12:00 Headline News
12:30 Wheel Of Fortune	10:00 This Old House	11:00 Major League Soccer: Colorado at D.C.	12:30 Wheel Of Fortune	12:30 Wheel Of Fortune	12:30 Wheel Of Fortune	12:30 Wheel Of Fortune
1:00 Port Charles	10:30 Burt Wolf's Gatherings	United	1:00 Port Charles	1:00 Port Charles	1:00 Port Charles	1:00 Port Charles
1:30 Guiding Light	11:00 Headline News	1:00 Gymnastics: International Team	1:30 Guiding Light	1:30 Guiding Light	1:30 Guiding Light	1:30 Guiding Light
2:00 General Hospital	11:30 Air Force TV News	Championships	2:00 General Hospital	2:00 General Hospital	2:00 General Hospital	2:00 General Hospital
3:00 Superman '96	12:00 WWF Superstars	3:00 PGA Golf: The Master's Tournament (Final Round)	3:00 What A Mess	3:00 Sports Illustrated For Kids	3:00 Where...Is Carmen San Diego	3:00 Animaniacs
3:30 Taz-Mania	1:00 The Entertainers	See Prime Time table	3:30 The Mask	3:30 All Dogs Go To Heaven	3:30 Happily Ever After	3:30 Taz-Mania
4:00 Global Guts	2:00 Navy / Marine Corps News	12:30 America's Black Forum	4:00 Captain Planet	4:00 Beakman's World	4:00 Taz-Mania	4:00 Nick News
4:30 Space Cases	2:30 CBS PGA Golf: The Master's Tournament (3rd Rnd)	1:00 Friday Night	4:30 Secret World Of Alex Mack	4:30 Saved By The Bell	4:30 Hidden Temple	4:30 Jeopardy!
5:00 Jeopardy!	5:00 Americas Funniest Home Videos	2:00 Videolink	5:00 Jeopardy!	5:00 Jeopardy!	5:00 Jeopardy!	5:30 Showbiz Today
5:30 Showbiz Today	5:30 Headline News	3:00 SCN Overnight Movie: "Return Of The Native"	5:30 Showbiz Today	5:30 Showbiz Today	5:30 Showbiz Today	See Prime Time table
See Prime Time table	See Prime Time table	5:00 Headline News	See Prime Time table	See Prime Time table	See Prime Time table	12:30 ESPNews
12:30 ESPNews	12:00 Headline News	5:30 News At Sunrise	12:30 ESPNews	12:30 ESPNews	12:30 ESPNews	1:00 SCN Overnight
1:00 Nightline	12:30 CNN/SI		1:00 SCN Overnight	1:00 SCN Overnight	1:00 SCN Overnight	Movies: "Topaz"
1:30 Headline News	1:00 SCN Overnight		Movies: "The Adventures Of Baron Munchausen"	Movies: "The Adventures Of Baron Munchausen"	Movies: "Blazing Saddles"	3:00 "Blazing Saddles"
2:00 AMA Supercross: World Championships	Movies: "Afterburn"		Movies: "Magnum Force"	Movies: "The Mask"	5:00 Headline News	5:00 Headline News
4:00 ISKA Karate	3:00 "Tyson"		3:00 "Bustin' Loose"	3:00 "The Mask"	5:30 News At Sunrise	5:30 News At Sunrise
5:00 Headline News	5:00 Headline News		5:00 Headline News	5:00 Headline News		
5:30 CNN/SI	5:30 Hour Of Power		5:30 News At Sunrise	5:30 News At Sunrise		

Cable 14 & 63

Friday, April 10	Saturday, April 11	Sunday, April 12	Monday, April 13	Tuesday, April 14	Wednesday, April 15	Thursday, April 16
6:00 Today	6:00 Headline News	6:30 On Main Street	6:00 Today	6:00 Today	6:00 Today	6:00 Today
8:00 Headline News	6:30 Classic Cartoons	7:00 Coral Ridge	8:00 Headline News	8:00 SCN News	8:00 SCN News	8:00 SCN News
8:30 Showbiz Today	7:00 Puzzle Place	7:30 Christopher Closeup	8:30 Showbiz Today	8:30 Showbiz Today	8:30 Showbiz Today	8:30 Showbiz Today
9:00 Jim Henson's Tale Of Bunny Picnic	7:30 Magic School Bus	8:00 Sunday Today	9:00 Sesame Street	9:00 Sesame Street	9:00 Sesame Street	9:00 Sesame Street
10:00 Sesame Street Special	8:00 Brand Spanking New Doug	9:00 Gargoyles	10:00 Busy World Of Richard Scarry	10:00 Fraggle Rock	10:00 Sesame Street Special	10:00 Fraggle Rock
10:30 Kiana's Flex Appeal	8:30 Sylvester And Tweety	9:30 Arthur**	10:30 Kiana's Flex Appeal	10:30 Fitness Beach	10:30 Bodyshaping	10:30 Fitness Beach
11:00 Oprah Winfrey	9:00 Aaahh! Real Monsters	10:00 Walt Disney World Happy Easter Parade	11:00 Oprah Winfrey Show	11:00 Oprah Winfrey	11:00 Oprah Winfrey	11:00 Oprah Winfrey
12:00 Headline News	9:30 Bonechillers	11:00 Major League Soccer: Colorado at D.C.	12:00 Headline News	12:00 Headline News	12:00 Headline News	12:00 Headline News
12:30 Wheel Of Fortune	10:00 This Old House	United	12:30 Wheel Of Fortune	12:30 Wheel Of Fortune	12:30 Wheel Of Fortune	12:30 Wheel Of Fortune
1:00 Port Charles	10:30 Burt Wolf's Gatherings	1:00 Gymnastics: International Team	1:00 Port Charles	1:00 Port Charles	1:00 Port Charles	1:00 Port Charles
1:30 Guiding Light	11:00 Hercules	Championships	1:30 Guiding Light	1:30 Guiding Light	1:30 Guiding Light	1:30 Guiding Light
2:00 General Hospital	12:00 WWF Superstars	3:00 PGA Golf: The Master's Tournament (Final Round)	2:00 General Hospital	2:00 General Hospital	2:00 General Hospital	2:00 General Hospital
3:00 Superman '96	1:00 The Entertainers	See Prime Time table	3:00 What A Mess	3:00 Sports Illustrated For Kids	3:00 Where...Is Carmen San Diego	3:00 Animaniacs
3:30 Taz-Mania	2:00 Navy / Marine Corps News	12:30 America's Black Forum	3:30 The Mask	3:30 All Dogs Go To Heaven	3:30 Happily Ever After	3:30 Taz-Mania
4:00 Global Guts	2:30 CBS PGA Golf: The Master's Tournament (3rd Rnd)	1:00 Friday Night	4:00 Captain Planet	4:00 Beakman's World	4:00 Power Rangers ZEO	4:00 Nick News
4:30 Space Cases	5:00 Am. Funniest Home Videos	2:00 Videolink	4:30 Secret World Of Alex Mack	4:30 Saved By The Bell	4:30 Hidden Temple	4:30 Jeopardy!
5:00 Jeopardy!	5:30 Headline News	3:00 SCN Overnight Movie: "Return Of The Native"	5:00 Jeopardy!	5:00 Jeopardy!	5:00 Jeopardy!	5:30 Showbiz Today
5:30 Showbiz Today	See Prime Time table	5:30 News At Sunrise	5:30 Showbiz Today	5:30 Showbiz Today	5:30 Showbiz Today	See Prime Time table
See Prime Time table	See Prime Time table		See Prime Time table	See Prime Time table	See Prime Time table	12:30 ESPNews
12:30 ESPNews	12:00 JAG		12:30 ESPNews	12:30 ESPNews	12:30 ESPNews	1:00 SCN Overnight
1:00 SCN Overnight	1:00 SCN Overnight		1:00 SCN Overnight	1:00 SCN Overnight	1:00 SCN Overnight	Movies: "Finian's Rainbow"
Movies: "Sister Act"	Movies: "Afterburn"		Movies: "Magnum Force"	Movies: "The Adventures Of Baron Munchausen"	Movies: "Blazing Saddles"	3:00 "Blazing Saddles"
3:00 "Shipwrecked"	3:00 "Tyson"		3:00 "Bustin' Loose"	3:00 "The Mask"	5:00 Headline News	5:00 Headline News
5:00 Headline News	5:00 Headline News		5:00 Headline News	5:00 Headline News	5:30 News At Sunrise	5:30 News At Sunrise
5:30 CNN/SI	5:30 Hour Of Power		5:30 News At Sunrise	5:30 News At Sunrise		

Cable 15 & 64

Friday, April 10	Saturday, April 11	Sunday, April 12	Monday, April 13	Tuesday, April 14	Wednesday, April 15	Thursday, April 16
6:00 48 Hours	6:00 48-Hours	6:00 Motor Week	6:00 Dateline	6:00 Dateline	6:00 Dateline	6:00 Primetime Live
7:00 Early Edition	6:30 Dateline	7:00 This Week In Motor Sports	7:00 Early Edition	7:00 20/20	7:00 Early Edition	7:00 Early Edition
8:00 Headline News	8:00 20/20	7:30 ABC Saturday Night News	8:00 Headline News	8:00 Headline News	8:00 Headline News	8:00 Headline News
8:30 Channel One/MBR	9:00 Showbiz	8:00 CBS Sunday Morning	8:30 Channel One/MBR	8:30 Channel One/MBR	8:30 Channel One/MBR	8:30 Channel One/MBR
9:00 Good Morning America	9:30 Style With Elsa Klensch	9:30 Face The Nation	9:00 Good Morning America	9:00 Good Morning America	9:00 ABC Good Morning America	9:00 Good Morning America
11:00 Soccer: Mexico at USA	10:00 Page One w/Nick Charles	10:00 Good Morning America	11:00 Gymnastics: (T) International de France	11:00 ISKA Karate (T)	11:00 ISKA Karate (T)	11:00 NHL Hockey: (T) (Teams TBA)
2:00 Time And Again	10:30 CNN Sports Preview	11:00 Headline News	1:00 ISKA Karate (T)	12:00 NBA Inside Stuff	12:00 Snowboarding (T)	2:00 Time And Again
3:00 PGA Tour: Master's Tournament (2nd round)	11:00 CNN Saturday	11:30 NBA Showtime	2:00 Time And Again	12:30 ESPN Aviation: (T) Warbirds Of America	12:30 CNN Today	3:00 Headline News
5:30 NBC Nightly News	11:30 CNN Travelguide	12:00 NBA Basketball: New York Knicks at Miami Heat	3:00 Headline News	1:30 CNN Today	2:00 Time And Again	3:30 Burden Of Proof
See Prime Time table	12:00 CNN Saturday	2:30 NBA Basketball: Houston Rockets at Seattle Supersonics	4:00 Inside Politics	2:00 Time And Again	3:00 Headline News	4:00 Inside Politics
12:00 Headline News	12:30 Science & Technology	5:00 CNN Sunday	4:30 Showbiz Today	3:00 Burden Of Proof	3:30 Burden Of Proof	4:30 Showbiz Today
12:30 ESPNews	1:00 CNN Saturday	5:30 Moneyweek	5:00 Headline News	4:00 Inside Politics	4:00 Inside Politics	5:00 Headline News
1:00 Nightline	1:30 On The Menu	See Prime Time table	5:30 NBC Nightly News	4:30 Showbiz Today	5:00 Headline News	5:30 NBC Nightly News
1:30 Headline News	2:00 CNN Saturday	12:30 Headline News	See Prime Time table	5:00 Headline News	5:30 NBC Nightly News	See Prime Time table
2:00 AMA Supercross: World Championships	2:30 Managing	1:00 ABC This Week	12:00 Headline News	See Prime Time table	See Prime Time table	12:00 Headline News
4:00 ISKA Karate	3:00 NASCAR Auto Racing: Galaxy Foods 400	2:00 NHL Hockey: (Teams TBA)	12:30 ESPNews	12:00 Headline News	12:00 Headline News	12:30 ESPNews
5:00 SportsCenter	5:00 CNN Saturday	5:00 SportsCenter	1:00 Nightline	12:30 ESPN	12:30 ESPN	1:00 Nightline
	5:30 Headline News		2:00 Boxing: (T) U.S. Amateur Championships	1:00 Nightline	1:30 Headline News	1:30 Headline News
	See Prime Time table		3:30 Outside The Lines	2:00 NHL Hockey: (T) (Teams TBA)	2:00 Major League Baseball: (T) (Teams TBA)	2:00 PGA Golf: (T) MCI Classic (1st Round)
	12:00 Headline News		4:00 CNN International	5:00 SportsCenter	5:00 SportsCenter	4:00 ISKA Karate (T)
	12:30 CNN/SI		4:30 CNN/SI			5:00 SportsCenter
	1:00 Washington Week In Review		5:00 SportsCenter			
	1:30 Wall St Journal Report					
	2:00 NFL Europe: Barcelona at Frankfurt					
	5:00 Sportscenter					

Cable 16 & 65

Friday, April 10	Saturday, April 11	Sunday, April 12	Monday, April 13	Tuesday, April 14	Wednesday, April 15	Thursday, April 16
7:00 Chicago Hope	6:00 Kenan & Kel	6:00 Biography	6:00 Savage Skies	6:00 Nature	6:00 Submarines: Sharks Of Steel	6:00 Biography
8:00 Movie: Cowboy	6:30 Guts	7:00 Jesus (Pt 2)	7:00 ER	7:00 NYPD Blue	7:00 Law & Order	7:00 X-Files
10:00 Aaahh! Real Monsters	7:00 The Know Zone	8:00 Lois And Clark	8:00 Movie: "Dial 'M' For Murder"	8:00 Movie: The Macomber Affair	8:00 Movie: Operation Pacific	8:00 Movie: American Graffiti
10:30 Rugrats	7:30 Weird Science	8:00 Easter Parade	10:00 Aaahh! Real Monsters	10:00 Aaahh! Real Monsters	10:00 Aaahh! Real Monsters	10:00 Aaahh! Real Monsters
11:00 Cosby Show	8:00 Movie: A Big Hand For A Little Lady	10:00 Sunshine Factory	10:30 Rugrats	10:30 Rugrats	10:30 Rugrats	10:30 Rugrats
11:30 Step By Step	10:00 Hometown	10:30 700 Club	11:00 Cosby Show	11:00 Cosby Show	11:00 Cosby Show	11:00 Cosby Show
12:00 Star Trek: Deep Space 9	10:30 Bob Vila's Home Again	11:00 Lifestyle Magazine	11:30 Step By Step	11:30 Step By Step	11:30 Step By Step	11:30 Step By Step
1:00 National Geographic	11:00 Burt Wolf Eating Well	12:00 Touched By An Angel	12:00 Star Trek: Deep Space 9	12:00 Star Trek: Deep Space 9	12:00 Star Trek: Voyager	12:00 Star Trek: Voyager
3:00 Chicago Hope	11:30 Tall Tales And Legends	1:00 Biography	1:00 America's Castles	1:00 National Geographic	12:00 Star Trek: Voyager	1:00 Invisible Places
4:00 Movie: Cowboy	12:30 California Dreams	2:00 Biography	2:00 Savage Skies	2:00 Nature	1:00 Air Combat	2:00 Biography
See Prime Time table	1:00 Nick News	2:00 Biography	3:00 ER	3:00 NYPD Blue	2:00 Submarines: Sharks Of Steel	3:00 X-Files
12:00 Movie: A Big Hand For A Little Lady	1:30 AJ's Time Traveler	2:00 Jesus (Pt 2)	4:00 Movie: "Dial 'M' For Murder"	4:00 Movie: The Macomber Affair	3:00 Law & Order	4:00 Movie: American Graffiti
2:00 Hometown	2:00 Kenan & Kel	3:00 Lois And Clark	See Prime Time table	See Prime Time table	4:00 Movie: Operation Pacific	See Prime Time table
2:30 Bob Vila's Home Again	2:30 Guts	4:00 Easter Parade	12:00 Movie: The Macomber Affair	12:00 Movie: Operation Pacific	See Prime Time table	12:00 Movie: First Monday In October
3:00 Burt Wolf Eating Well	3:00 The Know Zone	See Prime Time table	2:00 Aaahh! Real Monsters	2:00 Aaahh! Real Monsters	See Prime Time table	2:00 Aaahh! Real Monsters
3:30 Tall Tales And Legends	3:30 Weird Science	12:00 Movie: "Dial 'M' For Murder"	2:30 Rugrats	2:30 Rugrats	12:00 Movie: American Graffiti	2:30 Rugrats
4:30 California Dreams	4:00 Movie: A Big Hand For A Little Lady	2:00 Aaahh! Real Monsters	3:00 Cosby Show	3:00 Cosby Show	2:00 Aaahh! Real Monsters	3:00 Cosby Show
5:00 Nick News	See Prime Time table	3:00 Cosby Show	3:30 Step By Step	3:30 Step By Step	2:30 Rugrats	3:30 Step By Step
5:30 AJ's Time Traveler	12:00 Easter Parade	3:30 Step By Step	4:00 Star Trek: Deep Space 9	4:00 Star Trek: Voyager	3:00 Cosby Show	4:00 Star Trek: Deep Space 9
	2:00 Sunshine Factory	4:00 Star Trek: Deep Space 9	5:00 National Geographic	5:00 Air Combat	4:00 Star Trek: Voyager	5:00 National Geographic
	2:30 700 Club	5:00 America's Castles			5:00 Invisible Places	
	3:00 Lifestyle Magazine					
	3:30 Real Videos					
	4:00 Touched By An Angel					
	5:00 Biography					
	5:00 Jesus (Pt 1)					

Key: + Program time change due to live programming event; * Mature theme; ** Series starts; ***Series ends; **** Program moved to new day and/or time, (AIP) Already in progress

	8 PM	8-30	7 PM	7-30	8 PM	8-30	9 PM	9-30	10 PM	10-30	11 PM	11-30
Fri Apr. 10	8 & 10	SCN News :15 Headline News	NBC Nightly News	The Simpsons	The Simpsons	Star Trek: Deep Space 9	48-Hours		SCN News :15 Headline News	Tonight Show w/Jay Leno		Late Show w/David Letterman
	14 & 63	SCN News :15 Headline News	NBC Nightly News	Nick Freno: Licensed Teacher	The Simpsons	Star Trek: Deep Space 9	The "X" Files		SCN News :15 Headline News	Tonight Show w/Jay Leno		Late Show w/David Letterman
	15 & 64	ABC World News Tonight	CBS Evening News	NBA Basketball: Atlanta at Charlotte				World Today	PBS Newshour		Headline News	Nightly Business Report
	16 & 65	Home time	Bob Vila's Home Again	Burt Wolf Eating Well	Tall Tales and Legends	California Dreams	Nick News	AJ's Time Traveler	Kenan & Kel	Guts	The Know Zone	Weird Science
Sat Apr. 11	8 & 10	ESPNNews	Air Force TV News	Married w/Children	Everybody Loves Raymond	News Radio**	Nanny	20/20	Headline News	Saturday Night Live		
	14 & 63	ESPNNews	Air Force TV News	Married w/Children	Everybody Loves Raymond	News Radio**	Nanny	20/20	Headline News	Saturday Night Live		
	15 & 64	Navy/ Marine Corps News	NHL Hockey: Washington at Philadelphia					Capital Gang	CNN/SI	Headline News		McLaughlin Group
	16 & 65	Sunshine Factory	700 Club	Lifestyle Magazine	Real Videos	Touched by an Angel	Biography: Jesus (part one)	Biography: Jesus (part two)	Lois and Clark			
Sun Apr. 12	8 & 10	Headline News	Air Force TV News	Touched by an Angel		Star Trek: Deep Space 9	America's Castles	Headline News	New Explorers		Showtime at the Apollo	
	14 & 63	Headline News	Air Force TV News	Touched by an Angel		SCN Sunday Night Movie: "In the Name of the Father"		Headline News	New Explorers		Showtime at the Apollo	
	15 & 64	Headline News	Air Force TV News	Major League Baseball: Houston at Los Angeles				CNN/SI	Perspectives			
	16 & 65	Aaahh! Real Monsters	Rugrats	The Cosby Show	Step by Step	Star Trek: Deep Space 9	America's Castles	Savage Skies	ER			
Mon Apr. 13	8 & 10	SCN News :15 Headline News	NBC Nightly News	60 Minutes		Ellen	Frasier	New York Undercover	SCN News :15 Headline News	The Tonight Show w/Jay Leno		Late Show w/David Letterman
	14 & 63	SCN News :15 Headline News	NBC Nightly News	60 Minutes		Ellen	Frasier	New York Undercover	SCN News :15 Headline News	The Tonight Show w/Jay Leno		Late Show w/David Letterman
	15 & 64	SCN News :15 Headline News	CBS Evening News	Headline News	NBA Basketball: Indiana at Chicago			PBS News Hour	Headline News	Nightly Business Report		
	16 & 65	Aaahh! Real Monsters	Rugrats	The Cosby Show	Step by Step	Star Trek: Deep Space 9	National Geographic	Nature	NYPD Blue			
Tues Apr. 14	8 & 10	SCN News :15 Headline News	NBC Nightly News	Sliders		SCN Tuesday Night Movie: "Dick Tracy"		SCN News :15 Headline News	The Tonight Show w/Jay Leno		Late Show w/David Letterman	
	14 & 63	SCN News :15 Headline News	NBC Nightly News	Sliders		SCN Tuesday Night Movie: "Dick Tracy"		SCN News :15 Headline News	The Tonight Show w/Jay Leno		Late Show w/David Letterman	
	15 & 64	SCN News :15 Headline News	CBS Evening News	Sports Center		Tuesday Night Fights		PBS Newshour	Headline News	Nightly Business Report		
	16 & 65	Aaahh! Real Monsters	Rugrats	The Cosby Show	Step by Step	Star Trek: Voyager	Air Combat	Submarines: Sharks of Steel	Law & Order			
Wed Apr. 15	8 & 10	SCN News :15 Headline News	NBC Nightly News	"Sister, Sister"	Home Improvement	Melrose Place***		SCN News :15 Headline News	The Tonight Show w/Jay Leno		Late Show w/David Letterman	
	14 & 63	SCN News :15 Headline News	NBC Nightly News	"Sister, Sister"	Home Improvement	Melrose Place***		SCN News :15 Headline News	The Tonight Show w/Jay Leno		Late Show w/David Letterman	
	15 & 64	SCN News :15 Headline News	Major League Baseball: Teams TBA				CBS Evening News	PBS Newshour	Headline News	Nightly Business Report		
	16 & 65	Aaahh! Real Monsters	Rugrats	The Cosby Show	Step by Step	Star Trek: Voyager	Invisible Places	Biography	X-Files			
Thurs Apr. 16	8 & 10	SCN News :15 Headline News	NBC Nightly News	Friends	Seinfeld	Just Shoot Me :25 Panama Now	Boston Common	ER	SCN News :15 Headline News	The Tonight Show w/Jay Leno		Late Show w/David Letterman
	14 & 63	SCN News :15 Headline News	NBC Nightly News	Friends	Seinfeld	Just Shoot Me :25 Panama Now	Boston Common	ER	SCN News :15 Headline News	The Tonight Show w/Jay Leno		Late Show w/David Letterman
	15 & 64	SCN News :15 Headline News	NHL Hockey: Teams TBA				CBS Evening News	PBS Newshour	Headline News	Nightly Business Report		
	16 & 65	Aaahh! Real Monsters	Rugrats	The Cosby Show	Step by Step	Star Trek: Deep Space 9	National Geographic Explorer	Chicago Hope				

	AM	SCN radio	FM
Weekday Programs	midnight - 1 a.m.	News and Information	Adult Rock (60's and 70's Classic Rock)
	1 - 3 a.m.	SCN Canal Country	Oldies Radio
	4 - 5 a.m.	News and Sports Information	Diamond FM Morning Show
Saturdays	5 - 7 a.m.	NPR Morning Edition, live via satellite	Adult Rock (60's and 70's Classic Rock)
	7 - 11 a.m.	Zippo in the Morning, Oldies Radio	Diamond Cafe (All request show)
	11 a.m. - noon	Rush Limbaugh Show	Adult Rock (60's and 70's Classic Rock)
	noon - 1 p.m.	Dr. Laura, Paul Harvey	Afternoon Car Tunes
	1 - 3 p.m.	News and Information	AFN Jams (Urban Contemporary)
	3 - 5 p.m.	NPR All Things Considered live via satellite	Z - Rock (Alternative)
	5 - 11 p.m.	SCN Canal Country live via satellite	
	11 p.m. - midnight	News and Information	
	midnight - 7 a.m.	SCN Canal Country live via satellite	Adult Rock (60's and 70's Classic Rock)
	7 - 9 a.m.	NPR All Things Considered live via satellite	Contemporary Hit Radio
Sundays	9 - 10 a.m.	NPR Car Talk	Ric Dees' Top 40 Countdown
	10 a.m. - noon	SCN Canal Country live via satellite	Hot Jazz
	noon - 10 p.m.	News or Live sports	Oldies Radio
	10 p.m. - midnight	American Country Countdown w/ Bob Kingsley	Doug Banks Countdown (Top 20 Urban)
	midnight - 2 a.m.	American Country Countdown w/ Bob Kingsley	Diamond Traxx (Featured Artist)
	2 - 7 a.m.	SCN Canal Country live via satellite	Canal Country
	7 - 9 a.m.	NPR Weekend edition	Rough Cuts
	9 - 10 a.m.	Religious Hr. 1	
	10 - 11 a.m.	Religious Hr. 2	Adult Rock (60's and 70's Classic Rock)
	11 - midnight	News and Live Sports	Contemporary Hit Radio
Weekdays	midnight - 4 a.m.		Jazz Gems
	4 - 6 a.m.		American Country Countdown w/ Bob Kingsley
	6 - 10 a.m.		AFN Jams (Urban Contemporary)
	10 - 11 a.m.		Classical
	11 a.m. - 1 p.m.		Oldies Radio
	1 - 3 p.m.		
	3 - 6 p.m.		
	6 - 8 p.m.		
	8 p.m. - midnight		
	Saturdays	midnight - 2 a.m.	
2 - 7 a.m.			
7 - 11 a.m.			
11 a.m. - noon			
noon - 4 p.m.			
4 - 6 p.m.			
6 - 7 p.m.			
7 - 9 p.m.			
9 p.m. - midnight			
Sundays		midnight - 2 a.m.	
	2 - 11 a.m.		
	11 a.m. - noon		
	noon - 4 p.m.		
	4 - 6 p.m.		
	6 - 7 p.m.		
	7 p.m. - midnight		



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 288-5814.

Access to installations is allowed for ID card holders & pass holders only. All guests must be signed on by ID card holders. El acceso a las instalaciones militares solamente le está permitido a las personas con tarjetas de identidad personal del Gobierno de los EEUU y el personal con pases de acceso a las instalaciones. Todos los invitados deben ser firmados a la entrada de las instalaciones por una persona con tarjeta de identidad personal de los EEUU.

Animals

Cat, fem, adult, lovable, friendly, gd w/kids free, 284-4183
Cocker spaniel pup, blk & wht, all shots, kennel & supplies \$200, 284-6222
Dalmatian pup, 8 wks, dewormed \$150, 284-6536
Dalmatian pups, 2 mos \$150, 284-6536
Gerbils, gd mice \$3.50/ea., 272-2042
German shepherd, male, avail for stud service, 279-0203
Husky mix pups, 3 fem, 5 male, blue eyes \$50, 250-0413
Pups, brn & blk \$10/ea., 232-4670 at 8 pm
Rottweiler avail for stud service, AKC reg, exc pedigree, 284-3094

Available

American Avon, f/sz brochures & samples free, 284-3028
Amway products, 261-5456
Register/obtain birth cert at Panama Civil Registry 223-2153/54 Darnell after 6 pm
Authorized certified Eng/ Span translation for docs & more, 222-2602/03
Auto inspections and registrations, home delivery, 222-2602/03
Baby-sitter, anytime, Eng spk, 288-7973
Baby-sitter, Eng spk, gd w/kids, 221-4501 Sandy
Baby-sitter, Eng spk, wkends, exc w/kids, 288-7024 before 4:30pm
Baby-sitter, even/wkends, mature, grt w/kids, 288-6743
Baby-sitter, Sat & Sun, honest, 228-2140 Maribel after 6 pm
Baby-sitter, Span spk, wkends nights, honest, 262-3923 after 5 pm
Body tense, stressed out? Therapeutic massage \$25, 288-7539
Cakes, all occasions, some delivery, prof cake decorator, 284-6608 Mary
Cakes, cinnamon rolls, & cookies, 284-3431 Darlene
Cakes: 1/2 sheet \$12.50, f/sheet \$20; 2 day's notice, please 284-6875 Pat

Cakes; pooh bear, Barney, Mickey, dinosaur & more \$15, 284-6608 Mary
Car-truck windshields or leak repair, 195-9778
Complimentary makeovers, color analysis, skin cond analysis 285-5895 Cindy
Computer upgrades, diag/repair, memory, drives, CD-ROM & more, 272-6369
Hair braiding, reas, any style, 288-4771 Marcia
Hair styling, reas price, cut, styles, wave & more, 260-4857
Hair styling, reas, cut style, waves & more, 233-1884 Stephanie
Dogs basic obedience classes, start April, 232-7156
Maid, billing, mature, reliable, honest, CPR cert, p/time, ref, 285-4779
Maid, cleans, 284-5193 Dunya
Maid, gd worker, honest, exc w/kids, Tues & Fri, ref, 267-4858
Maid, honest, reliable, hard worker, 2 days, 228-4294 Martha
Maid, live-in, billing, 233-3587
Maid, live-in, Eng spk, grt w/kids, 233-1863
Maid, live-in, Span spk, clean, iron, animals, & 2 kids, ref, 232-7156
Maid, live-in/out, billing, Mon - Fri, honest, no kids, 261-7387
Maid, live-out, billing, grt w/kids, honest, reliable, 284-5377 after 4 pm
Maid, live-out, billing, reliable, honest, hard worker, 229-5690
Maid, live-out, Eng spk, days, grt w/kids, ref, 220-0418
Maid, live-out, Eng spk, grt w/kids, 6 - 10 pm, ref, 224-6571
Maid, live-out, Span spk, clean, cook, 3 days, 288-7194
Maid, live-out, Span spk, Mon - Fri, honest, mature, 263-3203
Body sugaring—the natural method of hair removal, 288-7831/6194 Amy
PADI scuba classes, can meet any schedule, day or even, 288-5045
Pampered chef—kitchen store that comes to you,

free catalog & cooking demos, 288-5879
Philippine food, individual & group orders, delivery, 284-6178 Rene
Piano lessons for beginning to intermediate students, 284-6731 Alicia
Pickup truck to move misc items, all posts, 264-7591
Professional dog training, private, reas rates, we come to you, 260-9079
Pwr window & dr lock repair, home service, 195-9778
Sheila family hair care, free consult, 288-4625
Tired? overweight? no gimmicks...just results, 284-6886
Tupperware parties & individual orders, 284-5531
Tutor, cert teacher, per-k-12, all subjects, private & group sessions, 288-6799
Upholstery, curtains & interior decoration, 264-7591
US lic massage Therapist, stress relief, back problems, sports therapy, 272-2810
Windshield for Cherokee \$185, CJ Wrangler \$150 & more, install inclu 195-9778

Boats & campers

17' Tracker deep V w 75 HP Mercury, trailer, & more \$7900, 288-7997
19' Glastron w/trailer, 272-2180
19' Glastron, 351 Ford, 16' fiberglass 140 HP Volvo Penta, grt boats \$5000, 232-7027
21' open boat, bikini top, 225 Johnson & more, dty pd \$6100, 284-5691
21' Seabird, GPS, depth sounder, 91 Johnson, outrigger & more \$8000, 232-4084
24' Cuddy cabin, 260 HP \$12,500, 272-2610 after 6 pm
5 seat cayuco w/rudder & trailer, grt cond \$975, 284-3328
95 Sea-Doo XP jet ski w/ trailer & extras \$4500, 213-8272
97 ZXI1100 jet ski w/ trailer, 6 mos, 289-6431
Yamaha, new 25 HP outboard \$1700, 269-6728

Cars

74 Jaguar XJ6, refurbished, 232-7027

76 Mercury Cougar, gd for parts, you tow away \$1, 288-7082
77 Chevy Malibu, needs some work \$500/obo, 288-5930
77 Mercury sta/wgn \$800/obo, 261-5231
81 Buick LeSable, AT, PS, PB, AC, am/fm cass, dty pd \$850, 224-9663
81 Cadillac, dsl, exc cond, 232-7027
81 Toyota Corolla, 1.8 eng \$1000, 284-3778
83 Pontiac 6000, runs, 4 cyl, 4 dr, new batt \$1200/obo, 272-6833
84 BMW 628 CSI, like new, will trade for jeep or pickup, 269-6728
84 Chevy Camaro Z-28, wht, all pwr, 5 star rims, bra \$1500/obo, 288-5685
84 Mazda 929, runs gd, needs some work, dty pd \$1200/obo, 261-3325
84 Toyota Camry, 4 dr, 5 spd, AC cass, grt cond \$2500, 288-5182
84 Toyota Corolla, 4 dr, ST, AC, am/fm, gd cond \$3000, 288-5122
84 Volvo GLE sedan, gd cond \$2500/obo, 284-3829 after 6 pm wkdays
85 Mustang conv, 6 cyl, AT \$3300/obo, 288-6789
85 Nissan Bluebird, 4 dr, sedan, AC, PS, exc cond, dty pd \$3995/neg, 254-0956
85 Pontiac Fiero GT, V6, sunroof, CD player, 4 spd, PW, exc cond, dty pd \$3500, 222-3451
86 Landcruiser sta/wgn, AC, 4 spd, dsl, dty pd, 260-4696
87 Ford Escort wgn, AC, am/fm cass, gd cond \$2500/obo, 284-3998
88 Beretta, runs gd, needs AC work, dty pd \$2400/obo, 236-6303
88 Ford Escort SW, 5 spd, AC, PB, PS, cruise, am/fm cass, 1 owner, exc cond \$3300, 285-4393
88 Ford Escort, AC, AT, tint, '98 inspection, 4 dr, w/hback \$2500/obo, 288-6297
88 Hyundai Stellar, AT, new tires, exc cond \$3200, 261-2863
89 Cadillac, LM, all pwr, exc cond \$11,000/obo, 213-8779
89 Chevy Celebrity, 4 cyl, new eng & paint, AC, LM \$2950, 262-8950 lv msg
89 Chevy Celebrity, AT, AC, exc cond \$3495, 284-4286
89 Dodge Shadow, 4 dr, PS, tilt, AC, AT, cruise, 280-6298
89 Mercury Sable, wht, am/fm cass, dty pd \$6500/obo, 272-6841
90 Corsica \$3000/obo, 272-6176
91 Toyota Tercel DX, 5 spd AC, new tires & rims, tint \$5500, 284-4898
92 Chevy Camaro \$4200, 285-6571
92 Ford Taurus, leather int, loaded, exc cond \$7200, 260-8264

92 Ford Tempo, tan, new AC, AT, PS, am/fm, gd cond \$3500, 236-9653
92 Nissan Bluebird, loaded, 260-8264
93 Dodge Shadow conv \$7000, 220-9521
93 Mazda 626, AT, LM, exc cond \$10,000, 272-2475 Gladys lv msg
93 Oldsmobile Cutlass Supreme, new tires, AT, PS, PB, exc cond, 223-7661
94 BMW 325is, dual air bags, f/extras, LM, exc cond, 272-6275
94 Daewoo Racer ETI, AC, '98 inspection, dty pd \$5500/obo, 230-1798
94 Daewoo Racer STI, dty pd \$6000, 235-9827
94 Ford Tempo, LM \$3900, 285-6571
94 Hyundai Elantra, brn, AC, am/fm cass, LM \$8500, 284-6239
95 Ford Taurus, f/extras, 1 owner, exc cond, dty pd \$10,800, 230-0932
95 Ford Taurus, f/extras, 1 owner, exc cond, dty pd \$10,800, 230-0932
96 Mazda 323, 5 spd, AC, am/fm cass, LM, red, dty pd \$7500, 250-0311
Dodge Challenger, V8 eng, 4 spd, 260-5984

Computers

19" high resolution DEC Sony color mon, exc cond \$300, 276-6768
386, 540 MB w/printer, sound, 14.4 modem & more \$550/obo, 284-4635
486 66 DX color mon, 20 MB Ram, 14.4 modem & more \$1000, 288-7748
AT&T 486, 66 MHz, 14" color mon, 420 MB & more \$1000, 235-9827
Cannon BJ-250 color printer \$125, 284-5593
Compaq 486 DX4, 100 MHz, 8 MB Ram, 4x CD-ROM \$400, 288-5384
Compaq 486, 66 MHz, 14.4 modem, 550 MB HD & more \$650, 288-5438
Misc printers, software, parts & access, 284-4635
Packard Bell 75 MHz Pentium, 32 MB Ram & more \$650/obo, 284-5983

Electronics

27" Magnavox TV, Sharp VCR, 272-2180
Alpine CD player w/detach face, exc cond \$200/obo, 280-6244
Camcorder VHS w/Z24+ zoom \$750, 27" TV \$225, 284-4635
Carvin 212 Bel Air combo amp \$300, Tascam 424MKII 4 trk recorder \$250, 261-5231
Casiopedia handheld PC A-11 \$300, 260-4696
Direct TV Satellite dish \$475, 221-4501
Fax mach, Sharp UX-102 \$75/obo, 263-2737
Kenwood stereo system \$185, 272-2314

Marantz dual tape deck, high spd dub, cont play \$80/obo, mies tapes \$2/ea., 288-7519
Motorola alpha-numeric beeper \$45/obo, 284-5616
Panasonic KX P1124 dot matrix printer w/lg box tractor feed paper \$95, 272-6968
Pioneer SOB woofer for auto \$75, 284-5593
Pioneer stereo receiver w/classic slide rule tuner, over 300 w \$100/obo, 288-7579
Sega Genesis w/10 games, 272-6833
Sega Saturn w/5 games & extra control pad \$100, 260-1392
Pioneer 6 CD changer, Kenwood amp \$100/ea., 272-5054 Carlos
Smith Corona Deville 510 word processor \$150, 288-5438
Sony 10 CD changer, new, CD-505 RF w/remote \$250, 260-4094
Super Nintendo \$50, games \$20/ea., Genesis \$50, 272-5054 Carlos
Super Nintendo w/4 games \$100, 221-1181
Super Nintendo w/4 games, 2 controllers & super game boy attach \$130, 284-3388
Symphonic VHS VCR w/remote, grt cond \$110/obo, 236-7526
Yamaha synthesizer, like new \$380, 268-2633
Zenith VHS camcorder PC w/batt charger, 2 batts & case \$300/obo, 260-2427

Household

17' Frostfree refrig \$345, 7' office type refrig \$100, 12,000 Panasonic AC \$225, 272-6210
2 single beds, desk w/bkcase, 3 drawer chest, 2 drawer chest \$600/obo, 288-6428
2-12x15 carpet \$50/ea., 9x12 carpets \$40, 284-6938
22' GE refrig, side by side \$400, 285-6571
22' refrig, exc cond \$300, 285-6571
25' refrig \$850, dryer, AC's, tbl w/6 chairs, 272-2180
3 pc LR set w/matching lamp, hunter green \$900, 288-5885
3 pc, computer desk w/file & chair, exc cond \$275, 283-6375
4 pc German shrunk \$1500, 288-6639
All furniture & electrical appliances, 272-6705
Baby crib \$150, roll top desk \$225, double headboard \$40, 260-6160
Bkcase, oak veneer finish \$125, 283-6375
Brass & glass, 4 pc DR tbl & chairs \$175, 284-4138
Carpet 12' x 15' lgt grn \$85, 4 drawer oak desk w/chair \$150, 284-3491



Carpet 7 1/2' x 101/2' blue \$50, gd cond 284-3491

Couch, lvseat, recliner set \$800, vertical blinds \$45, carpet \$60, 284-4897

Curtains for tropical housing, 230-2384 after 5 pm

DR set, chrome & glass, GE 14' refrig, needs repair, 264-9676

DR set, Rosewood, like new \$1500, 285-6571

DR set, rosewood, seats 8 - 10, like new \$3500, 228-3896

DR tbl w/6 chairs, 2 couches, 236-0978

DR tbl, rattan base, glass top, 4 chairs \$350, upright frzr, 13' \$250, 223-1216

Curtains, mini blinds, rugs, kitchen wood block tbl w/2 benches & 2 chairs, 272-2361

Household items at bargain prizes, 236-0713

Lg DR set w/2 hutches, seats 8, 272-1213

Lg stainless steel ice mach \$1200, floor buffer \$75. 272-6210

Mahogany & satin sofa & chair, exc cond \$400, 272-1136

Mahogany DR tbl, coffee tbl, gas stove, washer, 261-3325

Oval tbl w/5 chairs \$85, recliner w/stool \$50, 236-0548

Panasonic micro \$50, 288-6041

Portable dishwasher Whirlpool washer needs timer \$25, 250-0413

Q/sz sleeper sofa, lvseat w/ottoman \$600, 236-1283

Wood baby changing tbl \$50, oak coffee tbl \$200, 236-1283

Refrig, lg, top/bottom \$300, 270-1289

Single bed complete, wood head boards \$75, 272-6838 after 3 pm

Sofa, lvseat, off wht, loose pillow, slip cover design, exc cond \$750, 283-6375

Solid carved Mahogany entertainment center w/ drawers & cab \$1000, 284-6979

Tan carpet 6' x 10' \$40, 284-4635

Twin bed, dresser, night tbl w/glass \$395, 272-2314

Twin matt, box spring, K/sz steel frame, curtains w/rods, shelves, 272-2180

Whirlpool AC, 5,900BTU, Kenmore washer, dryer, hvv dty, exc cond, 288-5327

Wht Jenny Lind crib, convert to daybed \$100/firm, 284-3798 9 am - 7 pm

Wood f/sz bed frame \$70/obo, 236-7526

Woodgrain look metal bkcase, 14 shelves \$60, 272-6705

Lost

Graco baby stroller on the road Pizza Hut & church on Clayton, reward 236-1283

Miscellaneous

1,2,3 high chair, stroller, jump seat, car seat, carrier, 236-0976

12 string Yamaha guitar w/hard case \$350, 272-1220 after 6 pm

13" clr TV, rugs, Nintendo w/30 games & more \$250/obo, 284-6084

1983 Toyota Tercel new parts & repair manual, healthy cook books \$10/ea., 272-2042

3 tires 175/70R13 \$15 ea./neg, Bissell Vac \$20, 288-7785

4 suitcases, 2 med/2 lg \$100, 263-9814

4 tires 185/60R 14, gd cond \$60, 288-5933

Beautiful formal lace gown, new, wine \$40, 226-8139

Bench & weights, vacuum cleaners, GM 15" rims, fencing 272-2180

Breast pump \$15, maternity belt \$10, 284-4898

Century stroller \$40, 264-9676

Complete Herbitrail set for hamsters/gerbils \$15, 226-8139 after 5 p.m.

CTC Physical Science book \$35, 288-7727

Executive resume on Internet for life, guaranteed \$24.95, 272-5377

For parts: 91 Ford Taurus S.W., 85 Pontiac Fiero, 86 Land Cruiser, 262-7983

Gerry baby monitor w/ night light \$15, 284-6526

Gerry baby backpack \$10, 284-6526

Hand tools, misc items, 236-1283

Jacuzzi Leisure Bay, seats 4 - 5, 8' x 8' \$2,795/obo, 272-6845

Lawn chairs, shelf, plants, 272-2361

Lawn, 12 HP, 38" cut, 7 spd w/utility trailer, needs starter \$450, 232-7113

Lg Sunbeam gas BBQ w/ tank \$120, 284-3491

Little Tykes gym \$150, 260-6160

LP Bongos, congas, timbales, 288-7194 after 6 pm Greg

Men's Army dress blues, worn once \$100, 288-4748

Moving sale; misc. furniture, strollers, hi-chair & more, 284-4484

Nordic Track, f/size mattress, 288-5135

Patio tbls, plants, 261-3325

Playstation games; Triple play 97, Madden 97, Nuclear strike \$30 - \$40, 272-6833

Roller blades \$30, Little Tykes Sand box \$35, 284-4635

Seiko, wristwatch, wht face, gold tone \$95, 272-6845

Sewing machine, cast iron pots, couch & love seat, kitchen tbl, 284-6239

Sm animal carrier \$15, litter box \$5, waterbed sheets \$5 set, 284-4898

Stainless steel sink used in darkrooms, 226-8139 after 5 pm

Warn 8000 lb elect winch \$500, 270-1289

Weber gas grill w/bottle \$50, 284-3388

Wedding dress sz/7-8, long train w/lots of sequins & pearls \$225/obo 262-8950

Windshield for Cherokee \$185, Wrangler CJ \$150, install includ, 195-9778

Motorcycles

82 Kawasaki 750 LTD, exc cond, LM, w/extras, dty pd \$1950/obo, 262-8950 lv msg

91 Kawasaki GP2500, LM, 2 helmets, 1 matching \$2200, 288-6626

91 Suzuki 450, runs grt, LM, very clean, '98 inspection, \$1100/neg, 229-7995

93 Yamaha 90cc, dty pd, runs grt, \$600, 288-7989

94 ZX900R, one owner, D&D header, LM, very clean w/extras, 289-6431

96 Yamaha XT 225, street & trail, runs exc, LM \$2800/obo, 284-6592

97 DR 350 SE, LM, must sell, dty pd \$3600/obo, 284-6129

Harley Davidson Sportster, 1000cc, iron head w/extras, \$3700, 226-8139 after 5 pm

Patio sales

Clayton 1060 A, 6 am - Noon

Clayton 302 B, 8 am - 1 pm

Clayton 634 C, 7 - 10 am

Kobbe 441 A, 6:30 - 10:30 am

Howard 10 A
Howard 108 A
Howard 593 B, 7 - 9 am

Sporting goods

10 spd bike, ladies \$50, static bike \$35 264-9676

Treadmill walking mach \$270, 272-2262

Complete reloading equip, exc cond, many items \$150, 272-1213

SoloFlex mach \$300, 283-4032

2 - 10 spd men's bikes, racing style \$30, \$35, 288-7989

Super Alan 60 cm Italian Road Race bike w/fork, like new \$695, 212-2914

Camouflage camel back mule max, gear, 100 oz reservoir \$52/firm 288-6674

Schwinn mountain bike, 15" frame, new \$275, 284-6478

Complete scuba diving gear, new, except tank \$750, 221-9532

Surfboard 6'4" x 18 1/4", Rainbow tractorop & board sock all for \$180, 288-5045

Exercise mach Pwr Rider, new \$195, 272-6674 call 1-7 pm

Trucks & Vans

76 Ford Bronco, exc cond, dty pd \$3200/obo 284-6129

77 Plymouth Voyager, PS, PB, runs gd \$600, 288-9226 before 5 pm

78 Jimmy GMC, 4 x 4, AC, AT, exc cond \$2500, 272-6026

84 Isuzu Trooper, 4x4, AC, runs gd \$2200, 239-4320

85 Chevy S-10 Blazer, AT, V6, AC, PS, PB, CD, LM \$2400/obo, 280-6170

86 Chevy S-10 Blazer, 4 x 4, 6 cyl, ATM, PL, PW, AC \$3700/obo, 284-6718

86 Isuzu Trooper, rebuilt eng, new paint & tires \$4000, 250-0311

87 Dodge Dakota, 6 cyl, 4 x 4, AC, LM, new tires, dty pd \$5800, 272-5853

87 Jeep Wrangler, 5 spd, soft top \$7000, 284-4484

88 Nissan Pathfinder, 4 x 4, AT, AC, exc cond \$8000, 270-1289

89 Chevy Sport van, , 8 cyl, seats 8 dty pd \$2000/obo, 272-5853

89 Jeep Cherokee Limited, 4 x 4, AC, AT, 6 cyl \$6000/obo, 250-0551

89 S-15 GMC, 4x4, 4.3L, LM, exc cond \$7500/neg, 284-6539

90 Dodge Dakota, new AC, batt & radiator, \$9000, 221-4501

90 Isuzu, 4 cyl, AC, camper w/hitch, TW, dty pd \$4900, 293-7741 lv msg

91 Chevy conversion van w/many access, 272-2180

91 Jeep Wrangler, needs to be assembled \$3800, 228-3896

92 Dodge Caravan, AC, PS, PB, AT, 288-6570

93 Isuzu Rodeo, AC, PS \$11,200, 236-6987

94 Plymouth Grand Voyager R/F Ac, exc cond \$10,500, 288-6321

94 Suzuki Vitara conv, AC, custom wheels, exc cond \$8500, 230-1274

94 Toyota 4x4, ex cond, LM, AC \$10,500, 222-0402

95 Ford Ranger XLT, AC, CD changer, AT, LM \$10,000, 260-1392

95 Isuzu Rodeo V-6, AT, will consider partial trade 288-5438

95 Jeep Wrangler, exc

cond, LM, wht w/spice soft top/int, 288-5327 after 4 pm

96 Ford Explorer XLT, LM, wht, 4 x 4, 5 D, tilt, AC, PS \$23,000, 223-2152

98 Honda CR-V, 4 x 4, AT, new \$18,300, 269-3715

GMC van, 9 pass, 8 cyl, PB, PS, AC, front & rear, gd cond \$5000, 288-6133

Wanted

2 cribs for newborn twins 229-7995

4 in 1 stroller, gd cond, gender neutral, 236-7526

8 mm projector, gd operating cond 272-5344

Anyone interested in obtaining Heritage Health products, 272-6968

Computer desk or work station no more than \$100, 236-7073

DJ for party, also briefcase, exc cond, 236-1283

Family for our maid, Span spk \$150/mo, 288-9288

Hobie cat, 16' or 18' w/ trailer, 288-7706 Lou

Maid, live-out for gen housework, honest, reliable, 230-2384 after 5 pm

Q/sz box spring & matt, gd cond 284-6270

4 Rims/tires for 1996 Nissan Sentra, gd cond, 216-2154

Sm refrig, toaster oven, twin/sz matt, 233-3587 Joe Martinez

Someone to fix a Dirt Devil vac, reas, 288-7785

Tutor for 12 yr old, 6th grade math & Eng \$7 hr, 285-6289

TV stand able to hold med TV & mini system stereo 288-6799 Rachele

Young person to play & speak Eng to 3 yr old girl, 3-4 days, 3- 6 pm, 228-6725



Tropic Times Ad Form

Note: Advertising in the Tropic Times is offered on a space available basis to military members, civilian DoD employees, and employees of other government agencies. Ads will be accepted only for NON-COMMERCIAL services or goods offered by the advertiser or an immediate family member. Suspected abuse of the ad services will result in non-publication of the ad(s) in questions. For information 285-6612.

- ◆ **Deadline for submitting ads is 9 a.m. Monday. If Monday is a holiday, the deadline is 1 p.m. the Friday before.**
- ◆ **Read instructions below, then completely fill out the ad form. Incomplete ads will not be printed.**

- Animals
- Available
- Boats & Campers
- Cars
- Computers
- Electronics
- Found
- Household
- Lost
- Miscellaneous
- Motorcycles
- Patio Sale,
- Date: ___/___/___
- Sporting Goods
- Trucks & Vans
- Wanted

PRICE _____ HOME PHONE _____

- ◆ Check one category per ad form.
- ◆ Two ads per sponsor each week. Include a home and duty phone.
- ◆ 15-word limit (the staff may edit to conserve space).
- ◆ Ads must be re-submitted each week.
- ◆ We will not take ads by phone or fax (Atlantic residents may fax ads).
- ◆ Ads offering weapons or commercial real estate will not be run.
- ◆ Ads offering tropical animals will not be run.
- ◆ Mail ads to: Tropic Times, Unit 7145, APO AA 34004 or deposit them in the drop box at the Fort Clayton Post Office or Howard Public Affairs Office.
- ◆ Information below is not included in the ad, but is required for publication and will not be released to third parties.

SPONSOR'S NAME _____ RANK/GRADE _____

ORG. _____ DUTY PHONE _____

Passover celebrates miraculous redemption

by Capt. Matt Schweitzer
Tropic Times contributor

HOWARD AFB — The Jewish holiday of Passover is fast approaching and with it brings the remembrance of some of the most miraculous events in the history of the world. As told in the book of *Exodus*, it is an amazing account of salvation by the hand of God.

Unfortunately, many people today have difficulty believing the story of the 10 plagues and the splitting of the sea, and point out that we never see such miracles in modern times. An objective person would quickly counter such a claim by saying that we do have miracles today, you just have to open your eyes and see them.

Although this is true, it is also true that the kinds of miracles which happen today are much more subtle than those which occurred in Egypt 3,300 years ago. So the question becomes why we don't see blatant miracles today.

To answer, one must understand the concept of free will. God created human beings with the ability to choose, a quality which is unique from all the other creatures who use instinct only. He wants us to objectively look at the world

and realize that it is the product of a Divine creator who controls everything.

If someone who doesn't believe this happens to witness a miracle which is so blatant that it could only be explained as an act of God, that person would very quickly become a believer.

But this is not what God wants to happen, because the newfound belief would be based solely on the miracle, and as such it did not come about through free will.

This concept is also one of the reasons God allows some righteous people to suffer and some wicked people to prosper.

If a piece of candy fell from the sky every time we did a good deed, and we were zapped by lightning every time we did something bad, then we would become like trained mice whose actions are based strictly on reward and punishment.

So if God does not want our belief in Him to be based on blatant miracles, then why did He cause such miracles to occur in Egypt?

One reason is because the world at that time was immersed in idolatry. The concept of One God did not exist, except among the descendants of Abraham. The

time had come for The Almighty to publicly present Himself to the world, and thereby begin the conversion to monotheistic belief.

After the events in *Exodus*, it became a Jewish responsibility to spread monotheism to the nations.

Although some people do not yet except God's Oneness, monotheism has become a well known concept, and therefore the need for blatant miracles has diminished.

Now we must study the events of the past and try to see the truth using our God given intellect and soul.

This is one reason Jews celebrate the Holiday of Passover. So that the memory of those ancient miracles will forever be ingrained in our minds.

This year Passover begins at sundown Friday, and continues until sundown April 18. During this period there are many festive meals and special prayers, as well as certain days when work is prohibited.



(Courtesy)
The traditional Seder meal contains foods that are symbolic of the Jewish experience in Egypt.

It is also forbidden to eat any food containing leaven, which is why matzos are eaten throughout the Holiday, to remember the flat bread that did not have time to rise when the Jews rushed to leave the land of Egypt. All other grain products are removed from the home.

For information or assistance with Passover festivities, call Rabbi Aaron Laine at 223-3383.

Don't Forget

Protestant Services		
Saturday	5 p.m.	Service
Sunday	9 a.m.	Service
	12:30 p.m.	Gospel Service

Jewish Events		
Friday	sundown	Passover
Friday - Saturday		Seder meals will be held in local Synagogue

Catholic Services		
Friday	3 p.m.	Confessions
	3:30 - 5 p.m.	Stations of the Cross, Good Friday Liturgy
Saturday	9 - 11:30 a.m.	Easter Vigil Service
Sunday	10:30 a.m.	Easter Sunday Mass

Fort Clayton's Easter Sunrise Service takes place 6 a.m. Sunday on the Youth Soccer Field next to the Vehicle Registration Building. The service will be followed by a continental breakfast at Mother's Bohio. For more information, call 288-9312/9316.

Kids corner

Air Force

West Bank Teen Club
284-4775

Howard Youth Center
284-5615/4700

Child Development Center
284-3711/6135

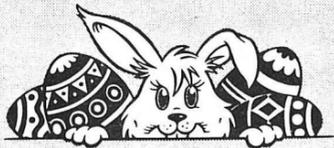
Army

Clayton Youth Services
288-6451

School Age Services
288-6451

Clayton Teen Center
288-7464

Student Services Center
272-2834



Egg-celent

Eggs, eggs and more eggs of all colors and designs. Go and get 'em kids.

Community Briefs

Holiday closures

The Community Bank, Clayton and Diablo Vehicle Registration and the Exonerations offices are closed for the Easter holiday.

Passover festivities

The Jewish holiday of Passover begins at sundown Friday and continues until sundown April 18. For more information, contact Rabbi Laine at 223-3383 or Capt. Matt Schweitzer at 284-7773.

Omega Psi Phi meets

Omega Psi Phi Fraternity is meeting 3 p.m. Saturday at the Fort Clayton Valent Recreation Center. For more information, call Maj. Fisher at 260-7113 or Jesse Owens at 288-9274.

Literature class

The Fort Clayton Education Center is offering a GED Interpreting Literature and the Arts workshop 9 a.m. - noon Monday - Wednesday at the center. For more information, call 288-9292.

Dog classes

The Club Canino de Panama is offering basic dog obedience classes 7 - 8 p.m. Wednesdays starting Wednesday. For more information, call Bridget Groome at 232-7156.

Scholarships

The Isthmian Chapter of the Association of the U.S. Army is granting two scholarships for academic achievement to high school seniors. Submit your applications by Wednesday. For more information, call Lina Norris at 285-9903.

Cocoli chapel event

The Horoko Assembly of God "Cocoli Chapel" is having a special Easter Worship service at 10 a.m. Sunday followed by an Easter egg hunt and a fellowship meal. For more information, call 283-3220.

BSA employment

Submit your information for the Boy Scouts of America office manager and sales clerk position by April 17. For more information, call 285-4359.

Pinewood Derby race

Drop by for the annual Cub Scout Pinewood Derby Race 2 p.m. April 18 at the Curundu Elementary School gymnasium. For more information about the race, call 288-6626.

Volunteer week

USARSO Volunteer Week will be observed April 19 - 25 with a kick-off ceremony 3 p.m. April 20 at Valent Recreation Center. For more information, call the Installation Volunteer Center at 288-9303.

CTC update

Starting April 20, Pell Grant applications will be available at the Central Texas College offices. Students graduating must schedule an appointment with the student services specialist prior to the April 30 graduation registration deadline. For more information, call 285-4803/284-3150.

Texas A&M Muster

The Panama Texas A&M annual Aggie Muster and Dinner takes place 7 p.m. April 21 at the Club de Golf Ejecutivo on Balboa Avenue. For more information, call Lilibeth B. Lanoni at 272-5166.

Earth Day events

Celebrate Earth Day 7 - 9 a.m. April 22 by cleaning up Veracruz Beach, attending an open-base tour 10 - 2 p.m., a guided tour 10:30 a.m. - 1:30 p.m. of the Toucan Eco-Trail or help plant trees at noon.

NAF sale

Howard Lodging is having a

NAF sale 8 a.m. - noon April 23 at the Big Tree Bohio.

UO Office closed

The University of Oklahoma Office located at the Howard Education Center is closed Tuesdays and Thursdays until April 23. For more information, call 285-6901.

Recognition day

An Army Community of Excellence Recognition Day celebration takes place 3 p.m. April 24 at Valent Recreation Center.

Santa Clara Retreat

The Protestant Women of the Chapel are hosting a Santa Clara Retreat April 24 - 26 for all women. For more information, call Van Runals at 288-4772.

NAF sale/flea market

The 24th Services is hosting a NAF sale and Flea Market April 25 on the Parade Field in front of Building 714. For more information, call 284-6107/7278.

Welfare requests

The Officers' and Civilians' Spouses Club is accepting welfare requests from community organizations until April 30. Send your requests to OCSC, Unit 1346, APO AA 34004.

ACAP workshops

Attend a Job Search Workshop 9 a.m. - 4 p.m. Tuesdays or a Pre-separation Briefing 1:30 - 3:30 p.m. Thursdays throughout April in Building 128, Fort Clayton. For more information, call 288-9277.

Passover celebrations

This year, all Panama-based military personnel of the Jewish faith and their immediate families have the opportunity to attend the Liberal Congregation Kol Shearith Israel service and Seder 6:30 p.m. Friday in their social hall or the Traditional Congregation Beth El prayer and Seder 7:15 p.m. Friday and Saturday. Despite the April 6 deadline, reservations can still be made. For more information, call Rabbi Aaron Peller at 225-4100/6412 or Beth El's Rabbi Aaron Laine at 223-3383.





photos courtesy of Girl Scouts - Panama

Let the adventure begin

The Girl Scouts of America - Panama went on a splashing fun trip to Fort Sherman. Sabrina Dooley and Dorothy Jorgenson, top left, were digging away at some beach fun. The trip was exhausting but the girls proved that they too can "be prepared" and better — after all, who needs sleeping bags when you have a room with beds and who needs radios when you have telephones. For information about future trips or how you can join the Girl Scouts of America - Panama, call 288-7817.

Military VIPs get 15 minutes of fame

MAXWELL AFB, Ala. (Defense Commissary Agency) — Tony the Tiger has an even bigger reason to shout "They're Gr-r-r-r-eat!"

The four 1997 "VIP" honorees from the National Military Family Association (NMFA) will be sharing space on his box of flakes during the early part of May. VIPs are "Very Important Patriots" who perform significant volunteer service in the military and civilian community. For the first time, those outstanding people will be featured on a quarter of a million boxes of cereal in commissaries worldwide.

"They really are great," says NMFA VIP program coordinator Tomi Busch. "We were fortunate to have a diverse group of winners this year representing the four services; women and men; active duty and spouses; and enlisted and officers."

The featured VIPs are Tech. Sgt. Luke A. Humphrey, Navy Commander Catherine Osman, Sgt. 1st Class Tammie T. Holmes, and Marine spouse Peggy Milliman.

All four were chosen from among 219 nominations by spouse clubs or family services support centers in 33 states and 11 countries. Six judges each picked their top six candidates "blind" from a packet of nominations they received. The four winners were chosen from 36 finalists.

The 1997 winners were all flown to Washington, D.C., for sight-seeing and the annual NMFA luncheon meeting in November where they received a plaque, a \$1,000 prize, and \$1,000 for their nominating organization. This year, according to Kellogg account executive Lynn Curry, "we decided to go that extra mile - like the volunteers do - and put the winners on special boxes of Frosted Flakes." The four appear as a group on the front of the package and are profiled individually on the back, along with the NMFA.

The specially designed 25 ounce boxes will be available at commissaries for about two weeks in early May or "while supplies last," according to Defense Commissary Agency Promotions Manager Joyce Chandler. And according to Cereal Category Manager Chuck Prutch, "a quarter of a million is not really that many when you realize we have 298 commissaries. It's just enough to be effective, and not too many to create logistics problems!"



(Courtesy)

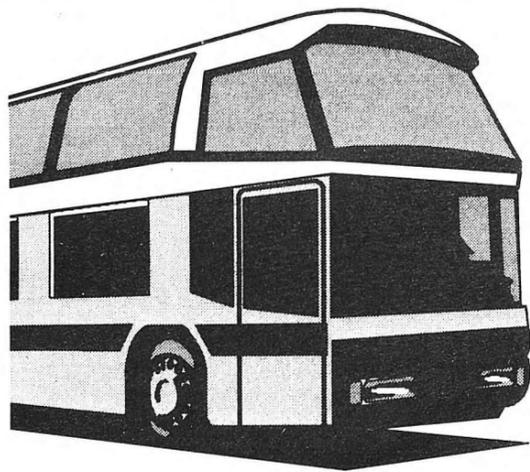
Navy Commander Catherine Osman, Sgt. 1st Class Tammie T. Holmes, Marine spouse Peggy Milliman and Tech. Sgt. Luke A. Humphrey will be sharing space with Tony in the next few cereal boxes. The four were selected 1997 "VIP" honorees for the National Military Family Association

Water conservation: Needed now more than ever

FORT CLAYTON (USARSO PAO) — The water situation is critical. Your assistance to conserve water can help the community during this water shortage crisis and reduce the chances for possible water rationing. Just as we are conserving water to head off this possibility, the measures you take can greatly assist our efforts. Here's your tip of the week.

- ◆ Always run full loads when running your washing machine or dishwasher.

Need a ride? We know when and where to pick you up



For more information, call the Howard Lodging Office at 284-4914/6411 or the 24th Transportation Squadron at 284-5058.

New route available

Your shuttle bus service is now available from the Howard Lodge, Building 708 to locations on base and Horoko Golf Course daily. The service is free to Howard Lodging guests. All other patrons pay only \$.25 one way.

Howard and Horoko

Lodging	9 a.m.**
Bus Stop #38 (Base Theater)	9:02
Bus Stop #35 (Commissary)	9:04
Bus Stop #845 (Farfan)	9:08
Bus Stop #1012(Gateway)	9:10
Rodman Gate	9:13
Horoko Golf Course	9:15
Lodging	9:30

** The shuttle bus runs from 9 a.m. to 6 p.m. stopping at each location every half-hour.

Downtown hospitals via Clayton

Fort Clayton Building 519	San Fernando Hospital	Paitilla Hospital
7 a.m.	7:45+ a.m.	8+ a.m.
9	9:45+	10:10+
11	11:45+	12:10+ pm.
1 p.m.	1:45+p.m.	2:10+
3	3:45+	4:10+
5	5:45+	6:10+

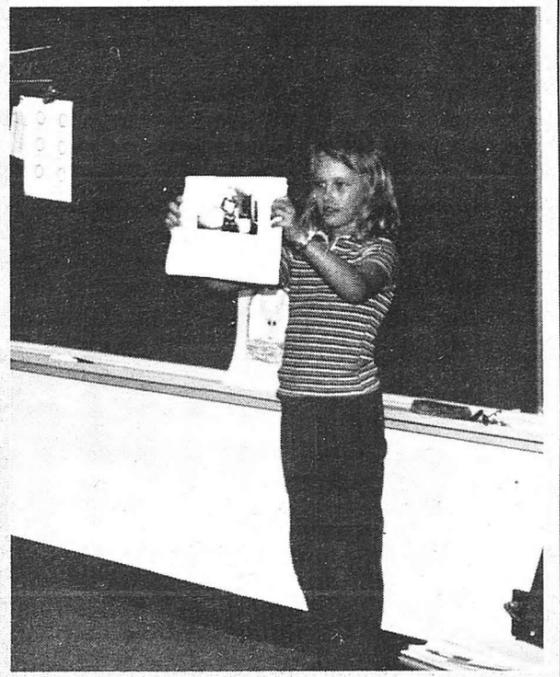
Downtown hospitals via Howard

Howard Theatre	San Fernando Hospital	Paitilla Hospital
7 a.m.	8:15+ a.m.	8:30+ a.m.
9	10:15+	10:30+
11	12:15+	12:30+ pm.
1 p.m.	2:15+p.m.	2:30+
3	4:15+	4:30+
5	6:15+	6:30+



Career Day

Dana Summerton and her teacher Amy Lappe, left, Javier Hernandez, middle, and Dakota Summerton, right, stand in front of their classes after spending a day at work with their parents on March 27. The students from Fort Clayton Elementary School went back to their classroom to talk about what they learned at work.



A day at work

Women's History Month in conjunction with Career Day was a complete challenge for little Kristen Dorby, a second grader at Curundu Elementary School. Kristen shadowed the school nurse, Molly Idol. Since the beginning of the school year, Kristen has been volunteering her services in the school clinic. She knows all the procedures and requirements to take in a sick student at the clinic. Kristen is seen here reassuring Amanda Young, a student who fell and hurt her wrist.

Griselda Sterling (Tropic Times)

Award winners

Students Tasha Sanders and Juan Carlos Aviles from CES pose after receiving their Certificates of Achievement from Barbara Cairns, school principal and Molly Idol, school nurse, for the outstanding article they wrote on Praise.



(Courtesy)

AAFES Weekly Challenge

Last Week's Winner: Philip French, 9



Happy birthday!



Shawn McDonough, 4
April 7



Gionela Guillett, 3
April 8



Damaris Rodriguez, 6
April 8



Robert Guillory, 4
April 10



April Malone, 2
April 10



Brandon Huynh, 1
April 11



Melissa Graham, 7
April 12



Alexis Glaze, 4
April 13



Easter Egg Hunt and Kid's Carnival

Join the Easter Egg Hunt 8 a.m. Saturday at the Howard Parade Field. Kids, come join us and hunt for eggs and have your photo taken with the Easter Bunny. Immediately following the Easter Hunt, show up for the Kid's Carnival in the Howard Youth Center and Pavilion. Fun for the whole family including vendors, ballrooms, games for all ages, prizes, fingerprinting and picture-taking, Diaper Derby, information/display booths, McGuff, Sparky the Fire Dog and lots of other surprises.

