



the Tropic Times

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Quarry Heights, Republic of Panama

Mar. 10, 1989

Loeffke to chair Inter-American Defense Board

Cisneros to command U.S. Army South

QUARRY HEIGHTS (USSOUTHCOM) — It was announced today that Maj. Gen. Bernard Loeffke, Commanding General, U.S. Army South, and Brig. Gen. Marc C. Cisneros, Director, Operations, U.S. Southern Command, will be reassigned this summer.

Loeffke will become the Chairman of the Inter-American Defense Board in Washington, D.C. and will be replaced by Cisneros as Commanding General, U.S. Army South.

Replacing Cisneros as the Director of Operations for U.S.

Maj. Gen. Bernard Loeffke

Maj. Gen. Bernard Loeffke assumed command of USARSO on April 28, 1987.



Maj. Gen. Bernard Loeffke

His vision for USARSO was to create Army units that would serve as models for the Latin American armies. As commander, Joint Task Force-Panama, he increased emphasis on joint training; established the mini-Army Training and Evaluation Program to give commanders a snapshot of how well their unit can perform; established night vision training, as well as emphasis on night weapons firing; and established stress fire training to create realistic, combat-simulated weapons firing.

He also improved military-to-military relations throughout Latin America; shared "lessons learned" from the Panama crisis with the rest of the Army; increased physical readiness and improved morale throughout the command by

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Southern Command will be Brig. Gen. William Hartzog, currently the Assistant Commandant, U.S. Army Infantry School, Fort Benning, Georgia.

When announcing these reassignments, General Fred Woerner, Commander in Chief, U.S. Southern Command, referred to the outstanding careers of all three officers and the important positions that each of them would be filling in the future. All three are very well qualified senior officers with a wealth of experience in Latin American affairs.

Brig. Gen. Marc C. Cisneros

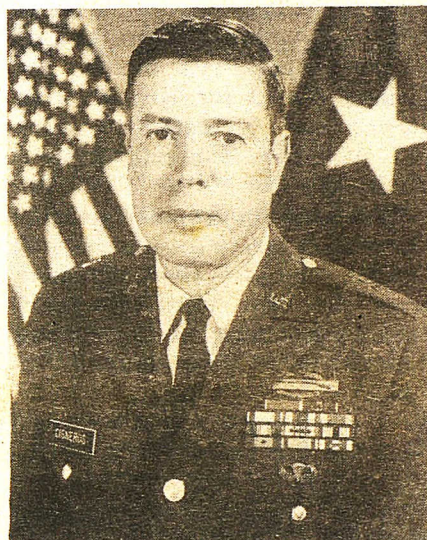
Brig. Gen. Marc C. Cisneros assumed the position of the Director of Operations for United States Southern Command April 10, 1987.

As the Director of Operations for the U.S. Southern Command, Cisneros was responsible for all operational matters within Latin America. Most notably under his guidance and leadership, he orchestrated and implemented enhanced command and control over the joint forces in the theater, ensuring the readiness of the forces assigned to the Commander in Chief while enhancing their warfighting capability.

His planning and leadership efforts were put to the test during Operation Golden Pheasant, an Emergency Deployment Readiness Exercise to Honduras in March, 1988, for which he prepared the

assessment and executed the deployment of 3,000 troops.

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Brig. Gen. Marc C. Cisneros

Senate refuses to confirm John Tower

WASHINGTON (UPI) — The senate rejected the nomination of John Tower to be Defense Secretary Thursday, the first time a former Senator has failed to win confirmation for a cabinet post.

Tower - turned down 53-47 in a largely party line vote—became only the ninth cabinet nominee ever turned down by the Senate and the vote marked the first time Senators have turned down a former member.

Only three of the 55 senate

Democrats voted for Tower, while only one of the 45 Republicans, Nancy Kassebaum of Kansas, voted against.

The vote was the biggest jolt to President Bush in his 48 days in office as he battles to set his own mark on the government and combat suggestions he has failed to take charge.

Vice President Dan Quayle, who Republicans had hoped would be casting a tie-breaking vote in Tower's favor, presided over the conclusion of a nearly three-month fight to install the Texan in the top Pentagon office for which he long hungered.

The result was an anti-climax. The White House threw in the towel on the nomination early Thursday and Bush—knowing he was doomed to fail in his first confrontation with the Democratic-controlled congress—made an afternoon trip to New York to promote anti-drug activities.

The final few hours of ceremonial debate on the nomination included some harsh language from Tower's supporters, but his foes steadfastly reiterated their concerns about whether he could be trusted in the nuclear chain of command.

Republican Senate leader Robert Dole of Kansas said he had spoken with Tower, a 24-year senate veteran, and described him as "disappointed. Not bitter, but disappointed."

Sen. John Warner, R-Va., senior Republican on the Senate Armed Services Committee, said of Tower, who was working at his temporary office at the Pentagon, "his head is high. His voice is strong."

White House aides began looking

at names for a replacement in the Pentagon Post—an option Bush said earlier in the week had not been considered, since he was totally committed to fellow Texan Tower.

It was unlikely a Pentagon boss can be confirmed before early April, since a new nominee must be screened and the Senate has a two-week recess at the end of March.

Democratic leader George Mitchell of Maine, holding all the votes necessary to kill Tower's bid to take over the \$300 billion-plus U.S. military operation, sent conciliatory signals and words of bipartisan cooperation to Bush even before Tower's fate was sealed.

"This has not been a partisan effort," said Mitchell, knowing the final tally would fall largely along party lines.

"This...does not represent an effort to bring harm to the President (and) represents no effort...to disrupt what I hope will be a good working relationship," said Mitchell.

Republicans, who managed to win declarations of support from only three of the five Democrats needed to assure the job for Tower, signaled the fight was over when Dole dropped his surprise proposal that Tower get a six-month trial period and White House spokesman Marlin Fitzwater told reporters, "we fought a long fight, hard and well."

"If I can do anything, I can count votes," Dole told the Senate.

Sen. Sam Nunn, D-Ga., chairman of the senate Armed Services Committee who initially supported Tower but changed his mind as allegations poured in, told the Senate

charges that Tower had been treated unfairly are baseless.

Walter Reed director dies

QUARRY HEIGHTS (US SOUTHCOM PAO) — The commanding general of Walter Reed Army Hospital, Washington, D.C., Maj. Gen. James H. Rumbaugh, died Wednesday from injuries received in a parachute jump in Honduras. He was 49.

Rumbaugh was en route from Soto Cano Air Base, Honduras, to Brooke Army Medical Center, San Antonio, Texas, on a medevac flight when he suffered a cardiac arrest.

He was apparently injured during a parachute jump into Honduras while accompanying the 44th Medical Brigade Forward Surgical Team from Fort Bragg, N.C. for a two-week training exercise which started Tuesday.

He was taken initially to the Soto Cano Hospital as an outpatient, but with the recurrence of the pain was admitted to the Soto Cano Hospital Tuesday evening for treatment of internal bleeding in the lower abdomen, possibly caused by a broken blood vessel.

He was described as in stable condition, alert and awake when taken aboard the medevac flight early Wednesday afternoon.

Parents to get liberal leave

QUARRY HEIGHTS (US SOUTHCOM PAO) — A liberal leave policy is in effect for civilian personnel who wish to take children to school during this current absence of school buses.

Supervisors also have the authority to excuse absences and tardiness of less than one hour without charge to annual leave if such absences are for adequate reasons.

Modest adjustments in duty hours, mutually agreed upon by the supervisor and the employee is another tool which can be used to provide time for parents to transport children to and from school.

All supervisors are encouraged to the extent permitted by their mission and within the confines of the above guidance to accommodate employee needs to the extent possible.

people

Navy selects Foster as Sailor of the Year

story by Debra Zepka,
photo by John Wadman

U.S. NAVAL STATION PANAMA CANAL (NAVSTA PAO) — SH1 William E. Foster was recently chosen U.S. Naval Station Panama Canal Sailor of the Year for 1988.

This year's competition consisted of three candidates — all former or current Sailor of the Quarter winners.

The committee board members were the U.S. Naval Station Panama Canal's Executive Officer and Command Master Chief, along with all department heads.

The questions were tough, covering everything from current events and politics to leadership

skills. The result of the competition was close, but the unanimous vote went to Foster, who was chosen for his many professional achievements and exemplary military bearing.

His outstanding efforts as the Command Career Counselor and Leading Petty Officer of the Supply Service Division greatly enhanced the readiness of the Naval Station.

One of his most notable accomplishments was the upgrading of all quality assurance and inventory requirements for the warehousing and financial control branch. He initiated standard operating procedures which ensured accountability and improved inventory control.

As a result, the recent Supply Management Inspection team found

and inventory accuracy rate of 98.7 percent — the best in COMNAV-AIRLANT.

There are several benefits Foster can look forward to as recipient of the Sailor of the Year award. He has received a 96-hour liberty, a Naval Station plaque, a parking spot in front of Pier 58, and a \$100 Savings Bond from the Navy League, along with many other certificates and acknowledgements of his accomplishments.

Foster, along with his wife Cynthia, will be leaving soon for the United States. His next assignment will be the Naval Hospital, Portsmouth, Va. He will be working with Deployment Medical Systems for the new hospital ships located there.



SH1 William Foster

USARSO presents Humanitarian Service Award

FORT CLAYTON (USARSO PAO) — At the Civilian Awards Ceremony held last month, the Civilian Award for Humanitarian Service was presented to three individuals for attempting to save a man's life.

Receiving the award was John Stromburg, recreation assistant, Community Recreation Division; Kaye Richey, photographer, Training and Support Center; and Blair Bates, a recent graduate of

Balboa High School.

At 11:10 p.m., January 13, 1989, Eddie Nelson, a 68-year-old bartender employed by the Amador American Legion Club, suffered a stroke while tending bar resulting in immediate loss of respiration and heartbeat.

Stromburg, Richey and Bates witnessed Nelson fall behind the bar and took immediate action in applying resuscitation. The three men applied mouth-to-mouth

resuscitation and external heart massage, taking turns, for about forty-five minutes, effectively restoring Nelson's pulse and respiration.

Although still unconscious, he was breathing on his own when the ambulance and fire personnel arrived. He was transported to Gorgas Army Hospital and finally to Santo Tomas Hospital in Panama.

The Civilian Award for Humanitarian Service is granted to

individuals who have distinguished themselves by meritorious direct "hands-on" participation in an act or operation of a humanitarian nature directed toward an individual or groups of individuals.

Although Nelson died a short while later, this unselfish act performed by the three individuals clearly meets the criteria for this award and is an example of selfless humanitarian teachings and beliefs.

Capt. Vantine to speak at Navy League dinner

U.S. NAVAL STATION PANAMA CANAL (Navy League)-

The guest speaker at the 7 p.m., March 14 dinner meeting of the Panama Chapter of the Navy League will be Capt. Wilbur H. Vantine whose subject will be "How ship design affects ship handling?" or "Is the Naval Architect the Mariner's Friend?"



Capt. Vantine

Vantine, a 1945 graduate of the Kings Point Merchant Marine Academy where he ranked first scholastically in his section, as a deck officer of U.S. flag vessels from 1943 to 1957, serving as ship master for the last six of those years.

In September 1957 he started work as a Panama Canal pilot and served as a pilot until June 1983 when he retired. Since his retirement, he has worked part time as a pilot at the pipeline terminals of Petroterminal de Panama S.A.

During his years of piloting, Vantine has successfully performed more than 4,900 piloting assignments

for the Panama Canal and a further 132 at the pipeline terminals. No ship that he was conning has suffered any damage.

Vantine was the chairman of the Panama Canal Pilots Association's Committee on Ship Design which drew up a comprehensive set of recommendations that were subsequently endorsed by pilots associations throughout the western

world and Japan and by the International Maritime Pilots Association.

This formed the basis for the U.S. position, as expounded by the U.S. Coast Guard at the International Maritime Organization of the United Nations.

He has given slide show lectures at a number of maritime symposiums at Kings Point, Annapolis, the

Maritime Institute of Technology and Graduate Study in Baltimore, Md. and in Washington, D.C. He has also given presentations at the headquarters of the Coast Guard and the U.S. Maritime Commission.

Reservations for this dinner meeting and the slide show at Rodman Officers Club may be made by calling Gehardt Badecker at 63-9666 or William Gambrel at 63-5221.

USARSO seeks contributions

FORT CLAYTON (USARSO PAO) — Today the members of the U.S. Army South family are working together to help someone who has spent her life serving them.

Syble Bailey has worked for AAFES for the last 30 years and currently is the morning cashier at the PX snack bar in Building 95, Fort Clayton.

Bailey's 20-month-old granddaughter, Nisha Woodberry, has recently been diagnosed as requiring open-heart surgery and the community is mobilizing to ensure that the needed medical care is provided.

Working with Tom Ford, a member of the local Rotary Club and the Balboa Union Church, and "Heal the Children of Wisconsin," all the necessary arrangements have been

made. Nisha will fly to the United States on March 17 for surgery.

A collection is now being made to support this worthy cause. The primary point of contact is Suzanne M. Hunt, ODCSENG, at 287-4603. Points of contact within the major USARSO activities include:

Office of Chief of Staff: Sandy Menasche, 287-6217; PAO: Pandora McNatt, 287-3007; DCSIM: Maj. Bush, 287-5516; DCSINT: Sgt. Maj. Farrias, 287-5964; DCSRM: L. Sprowls, 287-3003.

Bailey's cheerful attitude and warm smile brighten the day for many. USARSO wants you to take this opportunity to brighten her life in return. For a tax-deductible contribution, make checks payable to the Balboa Union Church Missionary Fund.



Syble Bailey

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(Above) Military spouses participate in a one-mile march through the jungle during the recent Ladies Day held by the Jungle Operations Training Center, Fort Sherman. (Right) Ladies Day participants try their abilities by taking a boat ride. (U.S. Army photos by Nancy Levis)



Volunteer 'soldiers' taste mud, leaves, MRES

by Nancy Levis

FORT SHERMAN (USARSO PAO) — Residents of Fort Sherman are used to trucks filled with troops rolling down the road. Recently, those trucks contained an unusually high percentage of women "soldiers."

Carload after carload of women descended on Fort Sherman early in the morning wearing their spouses' uniforms with belts tightly cinched, pants cuffed several times, boots stuffed with extra pairs of socks (to keep them from falling off), and canteens filled with water. More than 100 Ladies' Day participants were ready for their day in the jungle.

After signing in, the women were assigned to squads of nine or 10 and handed over to their sergeant. Lt. Col. Corson Hilton, commanding officer, Jungle Operations Training Center (JOTC), began the day by providing the women with information about Fort Sherman and a briefing on their mission.

An environmental lecture

followed, with careful attention given to plants and animals that are dangerous to humans, both in the jungle and in the housing areas. A Fort Sherman Environment Training Center tour followed.

Following their survival training, the squads climbed into trucks, applied their camouflage and were off for a one-mile march through the jungle. They climbed hills, edged their way over log "bridges" and slogged through muddy streams up to their knees.

As the squads made their way out of the jungle they were invited to sit down to a gourmet lunch of Meals-Ready-to-Eat (MRE's). Groups of women sat down under the palms to enjoy ham and chicken loaf, beans, and dehydrated peaches served out of an attractive brown plastic pouch.

After a short break, the women were off again — this time to the rappelling tower or the obstacle course. After being instructed in the proper way to tie a Swiss seat, most of the ladies donned gloves and

climbed the rappelling tower. All those brave enough to hurl themselves over the edge agreed that it wasn't as bad as it looked.

"It was an experience," said Olda Gendreau. "At first I was very scared, but it was okay once you let go."

While some of the women agreed to rappell from mock helicopter skids, most were relieved when they found out there wouldn't be time to try the reknowned "Australian" or head-first method.

For those who looked for a different sort of challenge, the obstacle course provided 13 of them. The squads competed for the best time as they climbed fences, hills, cargo nets and a ladder tall enough to reach the roof of nearly every building on Fort Sherman. For those who really wanted to look like they'd done something, they could run through the waves along the beach and low crawl through a pit of muddy water as they ducked concertina wire above their heads.

Some women couldn't get enough,

so they cleaned off the mud from the obstacle course in the boat capsized drill. After tossing out passengers and oars, the boat was capsized and then righted again. Tired and wet, all that remained of their training was a short paddle back to shore for their graduation ceremony.

While discussing the day's events, both troops and instructors agreed Ladies' Day '89 was a success.

"This has been the best group of women I've worked with in the three years I've been here," said Sgt. Chris Christoff of his squad. "Everybody was really motivated."

Hilton agreed in his closing remarks at the graduation ceremony. "I've got to take my hat off to some of the hardest working women we've had at Ladies' Day."

Hilton also gave credit to Capt. Charles Albright, the squad leaders and staff members who helped to make Ladies' Day a safe learning experience for the spouses and family members of military personnel stationed in Panama.

Atlantic residents ride, roll in the 'Wild Wild Tropics'

by Cpl. Doyle C. Carr

FORT DAVIS (USARSO PAO) — "Wild, Wild Tropics" was the theme for the 1989 Atlantic Community Family Activity Fair held from March 2 through 5 on the Fort Davis.

The fair kicked off on March 2 with a Fun Run, Walk, Ride at 4:15 p.m. at the Fronius Gym ending at



Angela Kay greets her favorite cartoon and Sesame Street characters at the fairgrounds. (U.S. Army photo by Cpl. Doyle C. Carr)

the main entrance to the fair grounds. After the ribbon cutting ceremony the U.S. Army South 79th Army Band opened with a parade around the fair grounds where they performed in concert for one hour, followed by the night's entertainment.

Each day there was continuous entertainment on stage. Every night featured a Department of Defense show and a variety of local talent performed.

There was seven rides for children and adults in the center of the fair grounds and new this year was a roller coaster. The roller coaster was too large to be put in the fair grounds and had to be put outside the grounds, but was a very popular ride.

With the help of the military units and the scores of volunteers, this was the biggest Atlantic CFA Fair.

Saturday afternoon was filled with sports and games. There were sack races, balloon stamp, three-legged races, Pine Wood Derby (Cub Scouts), egg toss and more for the children.

Adults participated in team sports such as tug-a-war, sack races, egg toss and the famous greased pole climb. The greased pole climb was won by an American team for the



A ride on the "Dragon" is a popular venture for young and old alike. (U.S. Army photo by PFC B.J. Perry)

first time this year. The winning team was from the 10th Mountain Division, Fort Drum, N.Y., that is currently going through the Jungle Operations Center, Fort Sherman.

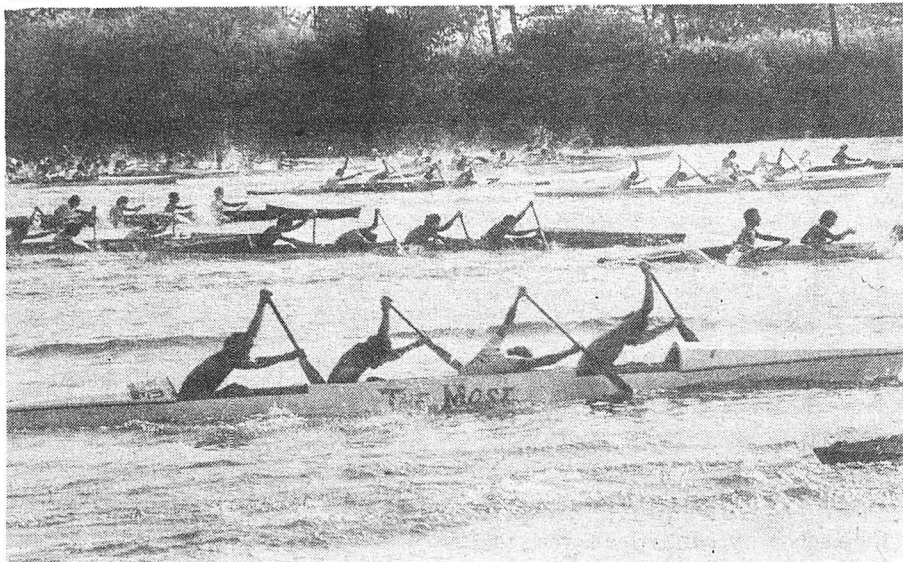
There were 13 military booths, 19 private organization booths and seven private people's booths. Of these booths 24 were food and

beverage, 10 only beverage, eight games of skill, one bingo, one fair logo T-shirt booth, one stuffed animal and one helium balloon booth. In addition there were 26 local vendors selling their products and the Army and Air Force Exchange displayed their new car sales with representatives to assist.

Annual cayuco race begins March 17

BALBOA HEIGHTS (PCC PAO) — With the 1989 annual Explorer Ocean-to-Ocean Cayuco Race a week off, participants and spectators alike are geared up for the event.

The race takes on special significance this year as one of the events commemorating the Panama Canal's 75th anniversary. Each crew member will receive a tank top and painter's cap with the 75th anniversary logo, and each boat will display the logo sticker on its port side.



A total of 42 boats will compete, including 37 in the trophy class. Eighteen of the trophy boats will be manned by all-male crews, 12 will be crewed by females, and seven will have coed crews. These crews represent Explorer Post 21 on the Pacific side, Ship 9 on the Atlantic, Post 10 in Gamboa and the Panamanian Rovers. Trophy-class cayucos have four-person crews, and this year for the first time, patch boats must have at least five.

The race runs from March 17

through 19. Festivities begin at noon Friday near the Panama Canal Yacht Club in Cristobal. At that time, judges will determine which crews should be awarded prizes for the best non-professionally painted cayucos and paddles.

The race itself begins at 3 p.m. The first leg is a rough-water, seven-mile sprint to the north end of Gatun Locks, with the fastest boats usually arriving in less than 50 minutes and the less-fortunate crews straggling in up to two hours later.

The trophy boat that wins the leg will be presented a trophy that evening at the Gatun Yacht Club during the annual spaghetti dinner. The dinner begins at 6:30 and will include homemade spaghetti sauce and noodles, "micha" bread, salad and dessert. Tickets are available through post leaders or by calling Jay or Lori Gibson (56-6384), Dick Horne (52-5185), Cleve Soper (52-2423) or Sue or Lew Stabler (43-5487).

The second stretch of the race begins bright and early Saturday morning. Crews will assemble at the Gatun Lake Landing at 6 a.m. and

the starting gun will be fired at 7 a.m. The 22-mile stretch across Gatun Lake is a most gruesome test of endurance, looked upon with dread by many crews. The fastest can usually be sighted within about three hours from a Dredging Division vantage point in Gamboa.

Sunday's competition begins at 8 a.m., with an eight-mile sprint through Gaillard Cut to the north end of Pedro Miguel Locks. When all races complete this stretch, they are eased into the locks and lowered to the level of Miraflores Lake.

They then sprint to the north end of Miraflores Locks for another lockage, this time down to the level of the Pacific Ocean and the home stretch. This is another hard sprint, which ends at the Diablo Boat Landing.

At 6 that evening, the tired paddlers will be recognized in an awards ceremony at the Curundu Junior High School cafeteria. Final times will be announced, and trophies and other prizes will be awarded to crews in various categories.

Keeping your home poison proof can be a full-time job

ANCON (MEDDAC) — March 12-16 is Poison Prevention Week and a good time for all parents to correct situations that may lead to poisonings. If you can answer the questions below with yes, your home is considered safe.

— Do all medicines have child restraint caps?

— Are all potentially harmful products in their original containers?

— Are all of your detergents, drain cleaners, bleaches, floor and

furniture polish stored in locked or high cabinets?

— Do you store hazardous substances in cupboards where no food is kept?

— Do you store medicine in locked cabinets?

— Do you throw out unused portions of a prescription after recovery from an illness?

— Do you remove medicine from your purse so children cannot explore and ingest?

— Do you keep nail polish and remover in a safe place?

— Do you store pesticides and insecticides under lock and key?

— Are all your plants non-poisonous?

— Do you keep gasoline and kerosene in properly labeled containers out of reach of children?

Recently, there have been children who have ingested a large number of vitamins with iron. Although vitamins are not universally

recommended for children, iron is never recommended unless the child is diagnosed as anemic. Iron can be very toxic when a large amount is ingested and therefore should only be taken when prescribed by a doctor.

Parents remember any medicine (including Tylenol and aspirin) cleaning item, fuel or make up can be considered a poison when ingested. Make sure the poison control number, 252-7500, is close by your phone.

The Provost Marshal's Corner

Hello gentle readers. Yes, this is the Provost Marshal's Corner that you were looking for. The new opening line is an attempt to placate one of our readers who was bothered by the old one. He complained that it was plagiarized from a well known sportscaster.

Since we disapprove of plagiarism from such disreputable sources, we will change to an opening plagiarized from Mark Twain. In a column about crime and its sometimes foolish perpetrators, it would hardly do to steal from any but the best.

Our opening story concerns charges of trespassing, poaching an endangered species, communicating a threat (civil charges). Like most of our more imaginative charges, this non-routine entry originates on the Atlantic side.

Three off duty soldiers were returning to Fort Sherman from Hideaway Beach in the late afternoon when they spotted a man walking along the dirt road with a brace of iguanas. The woman in the group felt sorry for the poor, trussed-up lizards and told her companions to stop. After all, she explained, hunting them was contrary to Panamanian law and military regulations.

When they came to a stop, the hunter and his two (until then

unnoticed) companions rushed up to the car. They probably thought that anyone stopping on that lonely road was offering them a ride. They really should have checked before tossing the iguanas inside, because the soldiers took off with the iguanas but not the hunters.

The trio then took the poor lizards to the Fort Sherman zoo where they could live without being chased by hungry hunters.

Later that evening, as they relaxed at one of their houses, there came a knock on the door. The hunters had recognized the car and were looking for the fruits of their illegal if traditional labors. From their point of view they had been robbed and weren't going to stand for it.

The junior member of the trio realized that some unpleasantness might result from the impending interview and called for the MPs. At the same time her companions opened the door and faced the irate hunters who demanded the return of tomorrow's lunch. They said that they had worked hard for the lizards (as they undoubtedly had) and weren't going to leave without them.

When asked for identification, one of the hunters went to his truck, an action which worried the GIs considering the anger the

hunters were showing. The worry was justified when the hunter pulled out a machete and got very belligerent.

At this point the MPs arrived just like the cavalry in a grade B movie. The hunters were arrested and placed in handcuffs and everyone went to the joint MP/PDF station where it could be sorted out. On the seat of the hunter's truck, the MPs found two knives, a pair of bolt cutters and another trussed-up iguana.

After the hunters had been issued letters barring them from the military bases, they were released to the PDF. The PDF decided that the breach of Panamanian law required the attention of the civil courts and took custody of the hunters, their weapons and their prey.

The GIs are being considered for the Nate Gail Memorial Conservation Award. That is assuming that Dr. Gail leaves us some day and such an award is instituted in his memory.

In a country where the fish fly and the birds swim, things are not always what they seem. A certain nameless man found that such confusion can even extend to the matter of gender.

He met a ravishing young lady on Fourth of July Ave. and took her to the VFW. Much to his surprise, the lady turned out to be a guy!.

At this point, the angry young man made a strategic mistake. Instead of taking his companion back to the starting point and sneaking away, he raised his fist and beat on the pretender.

The result of this intemperate venting of his spleen was that the civilian authorities became involved and that meant that the military authorities did too. What had started out as a matter of deep personal embarrassment became a matter of deep public embarrassment. It also became a matter of judicial interest as the person of confused sexuality pressed charges of assault.

In the immortal words of Porky Pig, "Th.. th.. that's all folks." For this week at least. If you're still not sated, and you want more adventures in law enforcement, then you'll have to buy next week's edition at the same low price. Keep smiling until then.

Just a reminder to all parents. While dropping off their children at school to drive carefully in the school zones. Also, please expedite the procedure to alleviate traffic congestion.



(Left) SFC Jeff Stone of Company A, 43rd Battalion, Fort Benning, Ga. operates a backhoe as the bridgebuilding exercise "Camino de la Paz 89" gets underway on Costa Rica's remote Osa Peninsula. (U.S. Army photo by SSgt. Greg Markley.) (Below) Soldiers from Fort Benning's 43rd Engineer Battalion, 36th Engineer Group, set up a tent as the base camp for "Camino de la Paz 89" takes shape. (U.S. Army photo by Cpl. John M. Boyd.)

USARSO units dig in

by SSgt. Greg Markley

CAMP RUGGED SEAHORSE, Costa Rica (USARSO PAO)— Ask a grizzled old NCO for advice on how to get along in the Army, and he will chortle: "Don't volunteer for anything!"

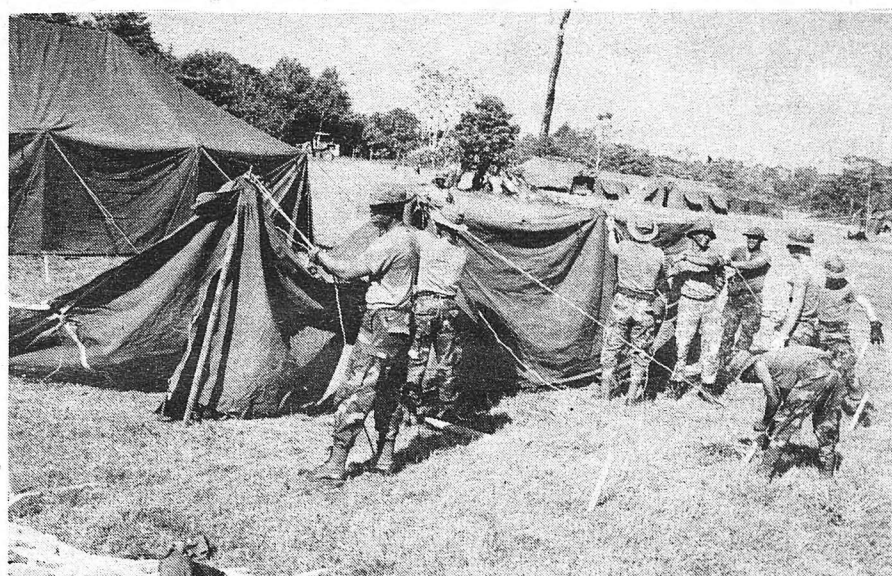
Sometimes that prescription doesn't pan out. Just ask PFC Tim Greathouse, 1097th Transportation Company (Medium Boat), from Fort Davis. Greathouse is here participating in Camino de La Paz (Road of Peace) by choice, and he has no regrets.

"I'm a welder and metal worker, and don't get to work much in the MOS at my home station because the civilians do a lot of the work," Greathouse said. "We're still waiting for some tools to arrive, and

then things will be better. I think learning to live in the field will be beneficial."

WO1 Thomas Corrola spent only about two weeks here, but as an OH-58 "Kiowa" pilot, he was gainfully employed, to say the least. "There were new routes to travel, new air policies to obey, and other sides to flying in Costa Rica. I had plenty of flight time here, as the only OH-58 pilot, and it was an outstanding experience."

The 536th Engineer Battalion, based at Fort Kobbe, has been the lead player on similar bridge-building exercises in recent years. But, the 536th Engineers have other commitments this year, so the 43rd Engineer Battalion, 36th Engineer Group, from Fort Benning, Ga., is



the main agent in Camino de La Paz '89.

Between now and mid-May, the 43rd Engineers will build seven Bailey bridges and a short access road on the remote Osa Peninsula.

USARSO is represented this year by diverse elements that form a Logistics Support Detachment (LSD). The LSD, which at its height will not exceed 90 personnel, is mainly comprised of 324th Support Group assets.

These include personnel from the 193rd Support Battalion; the 154th Signal Battalion; the 142nd Medical Battalion; and the 1097th Transportation Company (Medium Boat). Contingents from the 1st Battalion, 228th Aviation Regiment, Fort Clayton; the 549th Military Police Company, Fort Davis; and the 16th Field Service Company, Fort Lee, Va., also are part of the LSD.

"This is a unique setup, with all these different elements coming together to form the detachment," said Capt. Fernando Rodriguez, the liaison officer between USARSO and the 36th Engineer Group. "They are more engineer mission oriented, and we are support oriented. We are quickly becoming a team, and getting things done."

Cpl. Kevin Davis, Company A, 193rd Support Battalion, spent a week here, but it was hectic in that he spent hours trying to solve a problem with the Reserve Osmosis Water Purification Unit (ROWPU). "I just can't say enough about this field training for MOS skills; it's excellent and fun to do."

Pvt. 2 Michelle East, 549th Military Police Battalion, said she

volunteered to come here because in the field there is plenty to do, especially for MPs. "Being from Tennessee, I'm used to camping anyway, so I don't mind the aggravations," she said.

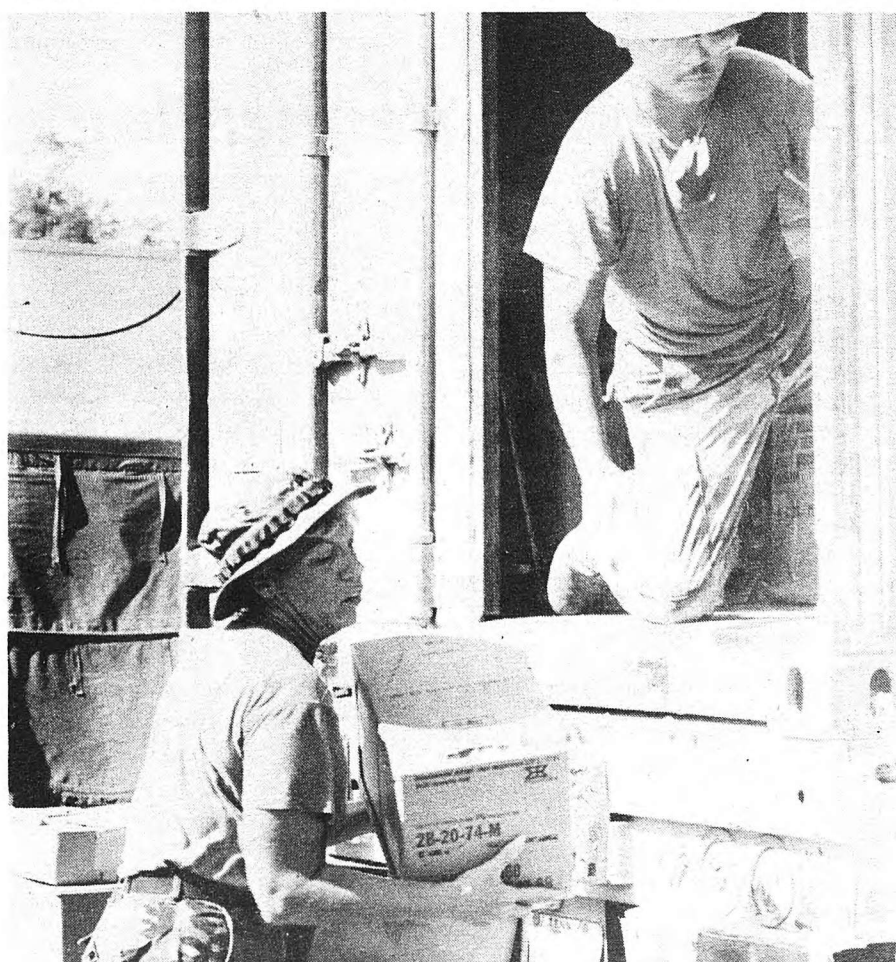
"I like being here because there is more hands-on work. When something gets broken, and they don't have the item in stock, we welders can make it," said SPC Jeffrey Wentink, 1097th Transportation Company (Medium Boat).

SPC Timothy Campbell, a water purification specialist from Company B, 193rd Support Battalion, feels that Camino de La Paz will prepare him well for his SQT. "I wanted more work directly in my MOS anyway, because I just got out of AIT last April, and I haven't been on any exercises. This will be a big help on my SQT, because I'll be doing the tasks every day here."

PFC James Standeford, 154th Signal Battalion, a tactical wire specialist, is learning two new radio systems, but he finds working the night shift the real challenge. "I got stuck with the night shift and it's very hot out here, and hard to sleep during the day."

"But I can live with that because the training is so good. Everyone at work is very cooperative, and the next time I'll not only know how to use the radios, I'll know how to troubleshoot."

Maybe the next time he will join the legions of people who welcome an occasional field duty for the diversion and variety. Even if that night make the adage about not volunteering for anything obsolete.



Sgt. Rebecca Barton, left, and SPC Michael Lampa unload medical supplies for the base camp aid station. Barton, a medical supply sergeant with the 142nd Medical Battalion, was in Costa Rica to help the 43rd Engineer Battalion from Fort Benning set up the aid station and medical supply office. Lampa is a medic with the 43rd Engineer Battalion. (U.S. Army photo by SSgt. Greg Markley.)

1978 CG provides AUTOVON access

HOWARD AFB (1978th CG/PA) -- "Operator Seven, may I help you?" Beyond the voice, masculine or feminine, we think of an operator just waiting to serve "us" alone -- but there are many of "us."

"It mostly feels good, but is often overwhelming," says AIC Tonya R. Wilson, one of 20 communications-computer systems operators who work the 'round-the clock Tactical Switchboard, known as the TAC Switch, of the 1978th Communications Group.

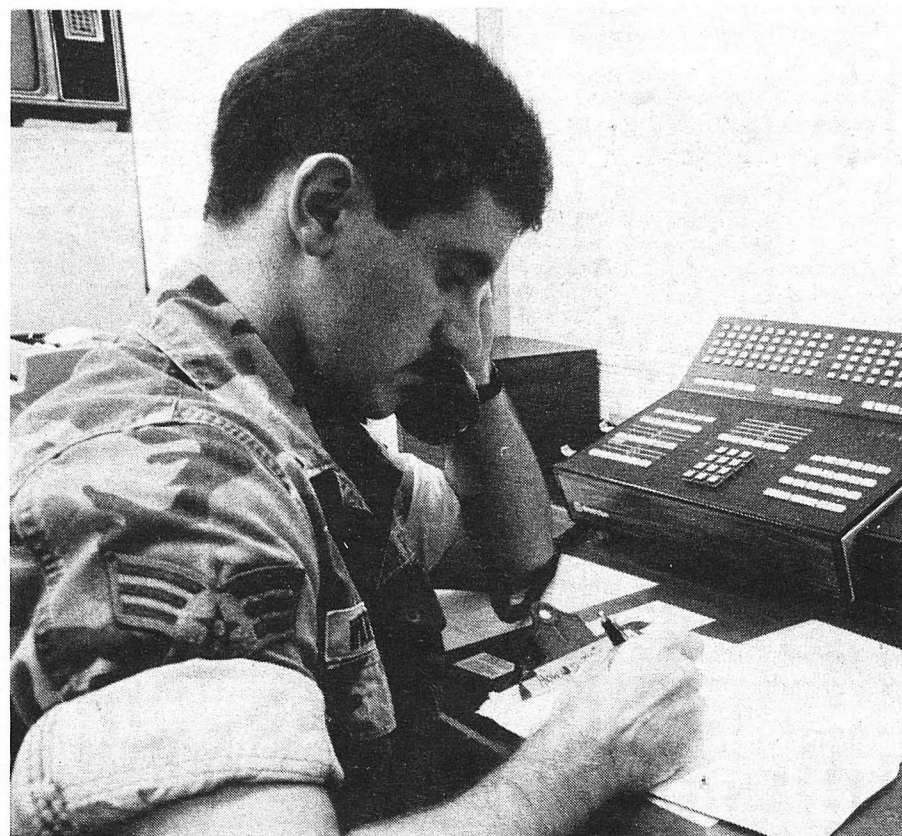
The operators are responsible for telephone communication between the United States and Central and South America. This is in support of the 24th Composite Wing, and the more than 25 other U.S. Air Force units at Howard Air Force Base and Albrook Air Force Station.

"Good customer/operator relationships are something we work at with every call. Accuracy, speed, and courtesy are principal guides for each operator, as are politeness and tact. We are eager to do everything we can to get the call connected quickly and correctly," Wilson said.

TAC Switch handles a daily average of 120 calls during normal work hours. The switchboard is for those individuals who need priority Automated Voice Network also known as AUTOVON, access to support critical command and control needs. In other words, an official need for placing long distance

calls.

TAC Switch consists of 100 subscriber groups. A drop line is the direct line from a base telephone located in personal quarters or a designated controlled area which comes directly into the TAC switch



Sgt. Tyson Warmoth, communications-computer systems operator, 1978th Communications Group, writes down a callers' request before placing the call through the Tactical Switchboard. (U.S. Air Force photo by SSgt. Debra L. Penton)

for immediate communications response -- such as a hotline.

"What sometimes frustrates some customers is that we only have four AUTOVON access lines and one direct trunk line to the TAC switch

operator at Langley Air Force Base, Va. Since this is a Tactical Air Command base and Langley is where the command headquarters is, we process a lot of calls to there," she said.

To aid our customers when lines are busy, we recommend an alternative. Administrative AUTOVON service is provided to non-direct dial telephones by the Joint Overseas Switchboard, located in the Corozal area, by dialing 285-6113.

The Howard TAC switch operator will provide the customer a JOSS control number. JOSS service is recommended because it has access to 40 AUTOVON circuits, versus four at the TAC switch," said Wilson.

Anyone who has ever used AUTOVON has probably been "bumped" off their line -- disconnected. The mission drives these "bumps."

"To make sure high precedence users have quick access to AUTOVON lines, the National Communications System voice precedence system on AUTOVON establishes a flash override capability which simply means this is the highest placed precedence call along with flash, immediate, priority and routine. AUTOVON users must use the lowest precedence consistent with operational mission or necessity for each call placed," said Wilson.

Single soldiers have chance to voice needs, wants

FORT CLAYTON (USARSO DESPER) -- The old Army said, "No private rooms or telephones." Today's Army is saying, "We'll give it some thought."

More living space, private telephones, and full visitation rights in the barracks were among the top recommendations handed to the Department of the Army by the Single Soldier group at the 1988 Army Family Action Planning Conference.

The annual conference, which brought delegates from USARSO to Alexandria, Va., serves to "implement programs and policies

aimed at achieving partnership, wellness, and sense of community" in the Army, according to DA.

In other words, and in this case, the single soldiers voiced their wants and needs, and the Army is taking serious consideration.

The single soldiers, represented by every major command in the Army, asked that the quality of life in the barracks be upgraded. This includes having the option to personalize living areas with luxuries such as curtains, rugs and telephones, and that space allocations be re-evaluated. Also, more storage and parking space, and a higher ratio of

washers and dryers.

Other issues included more rights for pregnant soldiers, equal treatment of soldiers regardless of marital status, and a Department of the Army advocate to monitor and lobby for single soldier issues.

Currently, pregnant soldiers who are unmarried must wait until after giving birth to apply for housing. This may change. The group asked that soldiers in such situations be allowed housing at the beginning of their seventh month of pregnancy, or be authorized to live off-post with the BAQ/Without Dependent rate until

birth.

Single soldiers are also faced with difficulties that don't affect married soldiers. Where to obtain a meal after a late-night shift, for one, and barracks room inspections. The group also voiced concern that single soldiers shouldn't be required to attend off-duty functions that are geared towards married soldiers.

To alleviate these and other problems facing the single soldier, the group asked for a DA proponent to represent it in Washington, D.C., and push for the special needs and concerns of the Army's single soldier.

USARSO holds February Quality of Life meeting

FORT CLAYTON (USARSO PAO) -- The February Quality of Life meeting was called to order at the Fort Clayton NCO Club by Lt. Col. James K. Waters, Garrison Commander. A good representation of the community was present.

The meeting addressed the issue of identification card checks at AAFES stores on Albrook AFS.

Checking ID cards at the door becomes a requirement when a store's monthly sales reach \$65,000. Regardless of monthly sales, all stores must check identification at the cash register.

Mayors who want to sponsor teen dances or other community projects must pay a labor fee to use the swimming pool and large bohios.

In April, a pilot credit card program for the Atlantic community will be initiated for tracking commissary purchases in order to deter contraband activities. Purchases will be tracked by use of the sponsor's social security number.

Only "reasonable" force is authorized when confronting a burglar inside your home. Only when an actual life threatening incident

occurs, can extreme measures be taken to detain the burglar or protect yourself from him.

If valuables are stolen, you must be able to substantiate your claim. For more information, contact the Staff Judge Advocates Office.

A project to bank the curbs on the Clayton-Albrook road will be entered into the DEH system. DEH will also look at the lower 800 area to decide if the fence can be turned out toward the woods.

For the current year, DEH's main projects include exterior painting and roof repair. The projects have been the reason 75 percent of the communities' families are without dishwashers and garbage disposals.

The NCO Club's lower floor is for senior NCO use. The club is looking to provide a better family atmosphere.

Quality of Life meetings are held at 9 a.m. on the 16th of every month at the Fort Clayton NCO Club. Every one is invited to attend.

Next month's issues include the possibility of providing a secure area for parking recreational vehicles; and why the northeast section of the

Clayton Recreational Park is being leveled by bull dozers for a new "ball" field.

Do the MP's inspect video cassettes or computer floppy disks to ensure the government isn't packing and moving illegally copied materials prior to shipping household goods?

Can the Building 95 shoppette stay open 24 hours daily for the barrack's residents.

Residents also want to know if a sign could be placed at the Clayton Guest House and the front gate bus stops, that offers a suggestion to passing motorists to "Give a Soldier a Ride?"

And, can residents of Army Government leased quarters send representatives to the Quality of Life meeting?



hemisphere

USSR gives Managua \$500 million in arms

WASHINGTON (UPI) -- The Soviet Union and its East bloc allies have sent more than \$500 million in sophisticated arms to Nicaragua's Sandinista government during 1988 according to a State Department report.

The unclassified report said the Soviet bloc shipped the bulk of the military aid since the March 1988 signing of the Sapoa agreement, the Central American pact calling for Nicaraguan progress toward democracy and a cease-fire in the war between the Sandinistas and the U.S.-backed Contra rebels.

Though there were no deliveries of military aircraft or helicopter gunships, according to United Press International, the leftist Sandinistas have set up an extensive military radar system that "can monitor aircraft movements far off their coasts and deep into Honduras, El Salvador and Costa Rica." The report assured, "there is no other comparable radar system anywhere in the region."

State Department figures show the East bloc has supplied the Sandinistas with 140,000 metric tons of military equipment at an estimated cumulative value of \$2.7 billion since 1980, when Soviet aid first began.

In 1988, according to the report, the shipments totaled 19,000 metric tons at an estimated value of \$55 million. With the exception of 1986, the year of peak activity in the bloody civil war, the 1988 figure is a record for military aid to the Sandinistas, the report said.

At the White House, President Bush described Soviet arms shipments as "large" and said they

are one of the considerations in the policy of "linkage" in dealing with the Kremlin on other issues as such as

trade.

The Bush administration is expected to propose further

U.S. denies visas for Nicaraguan, Cuban, RP mayors to attend meet

WASHINGTON (Reuters) — The State Department said Wednesday it had denied visas to three mayors from Cuba, Nicaragua and Panama to attend a narcotics conference in New York, citing doubts about those nation's anti-drug efforts.

State Department spokesman Charles Redman said the decision was taken because "we questioned the seriousness of these governments to undertake anti-narcotics cooperation with the U.S. (and in each case) the mayors are in office with the sanction of the highest authorities in his or her government."

The mayors are Carlos Alberto Carrion Cruz of Managua, Pedro Maria Chavez Gonzalez of Havana and Jilma Noriega Jurado of Panama City.

The United States has no diplomatic relations with Cuba and does not recognize the government of President Manuel Solis Palma of Panama.

It does have diplomatic relations with Nicaragua, but relations with the leftist Sandinista government have been hostile for the past eight years.

Presidential decrees restricting visas for citizens have been in effect since 1985 for Cuba, June 1988 for Panama and October

1988 for Nicaragua.

The United States Wednesday announced its decision to grant visas so three members of the PLO could attend a New York conference on the Middle East on the grounds that none had been involved in terrorist activities.

Asked why one group of applicants was judged on personal behavior and the other on the behavior of their governments, Redman resisted a comparison.

"There are different laws. There are different regulations. There are different interests involved in all cases. That's just a commonsense approach," he said.

Redman noted Panama's de facto leader, Gen. Manuel Antonio Noriega, was indicted in Florida on drug trafficking charges and his country has been barred from receiving U.S. aid by President Bush for not cooperating in anti-drug efforts.

Redman said: "There's evidence of Cuban government complicity in the drug trade, through either direct involvement or granting traffickers permission to use Cuban air space and/or territory."

He said U.S. indictments on narcotics charges against members of the Cuban government remain outstanding.

humanitarian aid for the Contras when the current \$27 million package runs out at the end of March and Secretary of State James Baker told the House Foreign Affairs Committee recently that the possibility of requesting "lethal" aid was not ruled out.

In the arms supply report, the most dramatic increase was in Nicaragua's inventory of anti-aircraft guns and missile launchers. The State Department estimated the Sandinistas now have 700 anti-aircraft guns in place as well as 500 missile launchers and "numerous" radar installations. That would make any attempt to supply Contras inside Nicaragua by air extremely risky.

Much of the 1988 estimate of Soviet bloc shipments, especially in the air defense system, came from information brought by Roger Miranda, a Nicaraguan military defector who had access to highly classified information from the Nicaraguan defense minister's office.

The State Department said the Sandinistas now have 150 tanks and 250 other armored vehicles, most of them shipped from eastern nations in 1984. The country's military force stands at more than 120,000 including reserves, military and security personnel. The report also noted that force is nearly equal to the total armed forces of El Salvador, Costa Rica and Honduras.

The U.S.-backed Contras had between 10,000 and 15,000 men under arms at the time of the Sapoa agreement in 1988, but that number has dwindled as the guerrillas have lost much of their U.S. financial support and as the Contra leadership has split over political issues.

Salvador rebels refuse talks with government

SAN SALVADOR, El Salvador (AP) -- Leftist guerrillas on Wednesday accused the government of "delay and deceit" in responding to their peace overture and said they would not meet with government officials before the presidential election.

The rebels also urged their supporters to boycott the March 19 election but held out the possibility of renewing the peace initiative later this year.

The rebel communique, telephoned to a local radio station, put at least a temporary end to the tentative peace process they initiated Jan. 24.

The Farabundo Marti National Liberation Front had offered to participate in and abide by the results of the election if it were postponed until September and certain security and anti-fraud measures were

adopted.

The Christian Democratic government of President Jose Napoleon Duarte was unable or unwilling to arrange talks with the rebels to consider the plan.

Opposition to the plan by the legislature, controlled by the rightist Republican Nationalist Alliance, hindered the government's response to the rebel overture.

The rebel communique noted the government took more than a month to respond to the Jan. 24 proposal and said that with the elections now ten days off, time had run out.

"In these conditions of so much delay and deceit...the Farabundo Marti National Liberation front declares that it maintains its offer of peace and will continue to struggle for it. But it considers that holding a meeting now with the government...would be to lend ourselves to further deceit

of our people and of world opinion," the communique said.

"Only after the election, which will be fraudulent, could there be another attempt to negotiate peace among the FMLN, the government, the Legislative Assembly and the political parties," said the communique.

"The FMLN calls on the masses to combatively repudiate this fraudulent election," it said. The communique did not say whether the guerrillas would try to disrupt the elections militarily.

The guerrillas have repudiated the five previous national elections held this decade as sham. They called a nationwide road transport ban during municipal and legislative elections in March 1988 that complicated voting.

The rebel communique did, however, sanction participation in

this month's election by the Democratic Convergence, a leftist political front that maintains links with the FMLN.

It said that guerrilla combatants "consider that the Convergence's participation in the elections, at a disadvantage and against fraud, is intended to help clear the path toward peace."

The communique added that the other countries its fiscal deficit," Brodersohn said.

The communique added that the FMLN hoped to continue discussions with Salvadoran political parties after the election "to search for new paths to peace."

An estimated 70,000 people, most of them civilians, have died in the 9-year-old civil war between the Marxist-led guerrillas and the U.S.-supported government.

Argentina disagrees with creditors on payments

BUENOS AIRES, Argentina (AP) -- Economy minister Juan Sourrouille said Monday that the Argentine government "doesn't agree with the view of its creditors" that debt repayment is the country's top priority.

"It is necessary to find a point of coincidence that economic growth is a priority," he told reporters.

Nevertheless, Sourrouille added, "We maintain the position that we should pay something like half of the interest (owed)."

Argentina's \$59 billion debt is one of the highest among developing countries. Interest amounts to between \$5 billion to \$6 billion a year. Payments drain off funds the government would rather use for investment.

Sourrouille and two other top economic advisers to President Raul Alfonsin denied that price controls were under consideration here, along with a moratorium on interest payments on the foreign debt.

Treasury Secretary Mario

Brodersohn, who appeared at a news conference with Sourrouille and Central Bank President Jose Luis Machinea, said Argentina owes about \$2 billion in interest because world rates have been forced up by the U.S. budget deficit.

The United States "is exporting to other countries its fiscal deficit," Brodersohn said.

Machinea said Argentina's outstanding arrears to commercial banks total \$2.2 billion.

"This is nothing new," he said. "It

is the policy of this government to pay one-half the interest on the debt."

Opposition parties called for Alfonsin's economic team to resign as interest rates topped 30 percent last month; the austral-Argentina's currency-plunged by 50 percent against the dollar, and producers withdrew from a voluntary program of wage and price controls.

The furor compelled Alfonsin to publicly defend his advisers and policies in a speech Sunday night.

Chaplains in Honduras also ministers of morale

by Staff Sgt. Sandy Gregory
102nd Public Affairs Detachment
Mississippi Army National Guard

CAMP CASTLE, Honduras — Keeping morale high is a major concern for commanders in charge of operations during Joint Task Force-16 (JTF-16) exercise. Fuertes Caminos (Strong Roads) '89, currently underway in north central Honduras.

"In an austere environment, away from familiar surroundings, good attitudes can deteriorate rapidly," said camp Chaplain (Capt.) Keith Kivlin.

Kivlin, a recently assigned member of the Ohio Army National Guard's 16th Engineer Brigade in Columbus, Ohio, said he is more of a "morale officer" than a chaplain, because most of his duties are geared toward counseling the soldiers when personal problems arise.

The exercise which includes soldiers from Ohio Army and Air National Guard, U.S. Army Reserves, active Army and Honduran military forces, involves stressful conditions in a remote mountain base camp. The Task Force is providing overseas training for these units by upgrading and constructing a farm-to-market road network.

In addition to the road work, the Task Force will be involved in civic action programs such as medical visits and the upgrade of a regional hospital. "This can become a stressful environment for the soldiers, very quickly. Especially with little recreation activity and a big workload," Kivlin said.

An ordained Presbyterian minister for the past 20 years, Kivlin noted that many times the military mission takes priority over the free practice of religion. "But, we are here to



Chaplains (Capts.) Robert Francis (left) and Keith Kivlin prepare for an evening worship service following dedication of the camp Chapel. (Photo by SSgt. Sandy Gregory, 102nd PAD, Mississippi Army National Guard)

encourage religious convictions in day to day activities," Kivlin said.

Kivlin will carry out his duties as a supervisor to the chaplains rotating in every two weeks. With the assistance of these chaplains, Kivlin said he hopes to accomplish a great deal in regard to the spiritual, moral and psychological welfare of the soldiers coming in and out of the exercise area.

"One of our goals for this exercise," Kivlin said, "is to establish a social action center for the soldiers who 'just want to get away from field stress.'" A chapel for Camp Castle was dedicated Jan. 11, and will serve as both a chapel and camp library where soldiers can come to relax, read a book, worship or even come to talk over their personal problems.

"We are not a missionary service as some people may believe," Kivlin remarked. "However, we have a

couple of civic action projects that we are assisting in, whereby, soldiers can become involved in helping some of the local villagers. They can take the focus off of their problems and feel good about helping others," he continued.

"We work closely with the 16th Engineer Brigade's Civil Affairs section in humanitarian programs," Kivlin said. Current programs include school supply collection and food distribution. Many soldiers often continue to support these programs after they return home.

Chaplain (Capt.) Robert Francis, a regular Army chaplain with the 62nd Engineer Battalion at Fort Hood, Texas, assisted Kivlin in the first rotation of the exercise, which began in December and continues through June.

Francis, a Kansas City, Missouri native, said that he felt his duties

were just as important as any other in the exercise. "I guess one of the biggest responsibilities we have is to encourage these soldiers to live by the stronger parts of their religious beliefs while they are here," he said, stressing the importance of worship—even in the field.

"Even in a field setting, soldiers need the opportunity to worship. While here, we provide general Protestant worship services, which are planned around the training schedule," Francis said. "Hopefully, we will be able to conduct Catholic services and Jewish services in our theater of operations." Francis said many times they use Jewish laymen to conduct the Jewish services.

According to the two chaplains, finding Catholic and other religious clergy is difficult.

Part of a chaplain's duties while at Camp Castle will be to visit the Honduran communities in the rural mountain area as liaison with local religious leaders.

"Although the Honduran people are predominantly Roman Catholic, priests are scarce, so we try to go as good-will ambassadors to let the communities know we are here and will help whenever possible," Kivlin said.

Kivlin, who hails from Portsmouth, Ohio, said the experience in Honduras has been interesting and unique. He explained, "The chaplains coming to this area of operations will indeed do more counseling in the 17 days they are here, than they may do on a routine basis at their home units."

"It doesn't matter where the soldier is, the chaplains' job is to see that the religious and moral welfare of that soldier is taken care of," Kivlin said, adding, "I am an old infantry chaplain and used to getting a little dirty on the job."

Play it safe: Water activities shouldn't end in disaster

by Spec. Bob Blocher

FORT CLAYTON (USARSO PAO) — Panama offers a large variety of water recreation. But unsafe boating practices can turn an afternoon of pleasure into a nightmare.

According to Coast Guard officials, alcohol abuse and not wearing a life preserver account for more boating deaths than all other causes combined.

"Statistics show that 75 percent of

those who lost their lives in boating accidents did not use their Personal Floatation Devices," said C. Peter Marini in "Your Friend For Life".

Even strong swimmers can become incapacitated and drown; but with a Type II PFD, the familiar "horse collar," an unconscious person will float face up, with his head and shoulders above water, said Marini.

Federal regulations require that a Coast Guard approved PFD be readily accessible by each person. "Better yet, wear them!" said Marini.

Alcohol abuse, the other leading

contributor to fatal boating accidents, is involved in over one-half of all boating deaths, according to Coast Guard officials.

"Stressors commonly affecting helmsmen make drinking while operating a boat even more dangerous than drinking and driving," said the Coast Guard pamphlet "America's Cup?".

Exposure to noise, vibration, sun, glare, wind and motion on the water can give you "boater's hypnosis," which impairs you as if you were legally drunk.

"Adding alcohol to boating stress factors intensifies their effects—each drink multiplies your accident risk.

"Alcohol isn't the sport. Boating is the sport. Enjoy it safely," stated the pamphlet "America's Cup?".

Although alcohol abuse and not wearing a life preserver account for most boating deaths, being a "smart skipper" is also crucial to safe boating.

The National Safe Boating Council and the Coast Guard urge all boaters to "Be Smart: Take a boating course!"

Joy is result of sacrifice

by Spec. Bob Blocher

FORT CLAYTON (USARSO PAO) — "Sacrifice" was the topic of the message given by Brig. Gen. Charles J. McDonnell, Deputy Chief of Chaplains, at the Pacific Community National Prayer Breakfast held at the Fort Amador Officer's Club.

"God is very much involved in our lives," said McDonnell. He pointed out that people who have money as their god may get money, but it won't give them joy. People who serve pleasure will find that pleasure brings no joy. And those who strive after power may find power, but not joy.

"God has played a joke on us in that He's linked joy to sacrifice," said McDonnell. Fulfillment comes from

giving, he added.

As an observance of the noncommissioned officer, this year's Army theme, he used the example of a dedicated NCO as someone who gives of himself.

Musical contributions included "Ave Maria," sung by Capt. Roberto L. Rinaldi of the Directorate of Security and Operations, 41st Area Support Group, accompanied on piano by Capt. Oscar Vasquez, commander of HHC, 41st ASG.

"Thank You Lord" was performed by Spec. Beatrice Sirmons, Company A, 154th Signal Battalion, attached to the 79th Army Band.

PFC Vincent P. Snoddy of HHC, 470th Military Intelligence Battalion, gave the Scripture reading.



Brig. Gen. Charles J. McDonnell, Deputy Chief of Chaplains, delivers a message on sacrifice to members of the Pacific community at the National Prayer Breakfast at Fort Amador. (U.S. Army photo by Spec. Bob Blocher).

briefs

classes

Auto work

The Albrook Automotive Self Help Facility features regular instructional sessions. You can learn from carburetor repair to alternator and generator work, minor tune up, and repair of brakes. Advance signups are accepted by calling 286-3613.

Typing class

A beginners and intermediate typing class will be held at the Fort Kobbe education building 801, from March 14 to May 9, from 9-10:30 a.m. to noon.

Call 284-3150 for more information.

English composition

Freshman English Composition is being offered by Panama Canal College from April 3 through May 26 at the Fort Davis Education Center, Building 32, 2nd floor.

Classes will be held Mondays and Wednesdays from 6 until 9 p.m. Tuition Assistance forms are currently being accepted and registration is now being taken.

Cost of the course is \$46 per student. Active duty military personnel can receive 75 percent tuition help through the military.

Boating classes

The Fort Sherman Rental Center continues to offer motorboat and Sunfish sailing classes. Sessions include safety rules and regulations, and hands-on experiences. Call 289-6104 to set up class date. The rental center opens Thursday through Monday.

Valent classes

Looking for an opportunity to acquire new skills or learn a new thing? Valent Recreation Center has English and Spanish classes for beginners and intermediate levels; aerobic programs, Yoga and Karate instruction. Also available are chess, piano, and guitar lessons.

You can learn about computers, cake decorating and even microwave cooking. Stop by Valent or call 287-4201. Advance registration is required.

Heart microwaving

Microwaving for the Heart is a class offered at Valent Center. The course emphasizes vegetables, pasta whole grains and legumes, and will include an easy to follow nutrition guide. Sign up for the class scheduled for late March. Call 287-4201. The



Help from little friends

Youngsters from the Child Development Services building in Fort Clayton help 79th Army Band members, Staff Sgts. Jim Kowall and James R. Rohrback get in the spirit for the upcoming community concert in celebration of the Panama Canal's 75th anniversary. Scheduled for March 18, the concert will also feature music by Panama's popular organist, Lucho Azcarraga, as well as by Angie D'Acosta and the Sol plus 5 band. An aerobics show by Panama Canal Commission employees is planned to keep the family entertainment going during intermissions. There will also be refreshments available (for those who don't want to pack their own picnic), and 75th anniversary memorabilia will be on sale. Everyone is invited, and admission is free. Don't miss any of the fun. The action starts at 4 p.m. and ends at 6 p.m.

eight week class meets on Fridays at 11:30 a.m.

Expecting?

Are you expecting a baby? Valent Center will start a prepared childbirth class on March 20. Call 287-6500.

meetings

SAC meet

A School Advisory Committee (SAC) meeting will be held in the Diablo Elementary School, room 222, on March 16 at 4:30 p.m. All parents are welcomed.

PTO meeting

A parent-teacher organization (PTO) meeting will be held in the Diablo Elementary School, room 222, on March 28 at 5 p.m. All parents are welcomed.

Astronomy club

The Panama Canal Astronomy Club will meet at 7:30 p.m. March 21 at the Panama Canal Training Center. The club recommends that stargazers watch Mars and Jupiter near the Pleiades, especially March 10 when they will be closest to each other.

NCOA

Isthmian Chapter, NCOA, will have a general membership meeting at 6:30, March 14 at the Fort Clayton

NCO Club to elect chapter officers and appoint committee members. All U.S. Air Force/Army NCOs and Navy petty officers (E4-E9) are invited.

'Greater Tuna' opens at Ancon

The Theatre Guild of Ancon announces the gala opening of the hilarious adult comedy Greater Tuna. Greater Tuna spoofs the residents and mores, of the fictional town of Tuna, Texas. The comedy centers around the antics of Tuna's two celebrity DJ's Thurston Wheelis and Arles Struvie played by Ken Millard and Toy Armstrong.

Ken is a local theater veteran who has been performing in the area for more than 30 years. Toy, although a relative newcomer to the area, has been extremely active in local community theater since his arrival in Panama. The characters of Thurston and Arles introduce the audience to 20 of Tuna's most interesting and eccentric citizens

through two acts of non-stop action and good-natured fun.

"Greater Tuna" is the fourth production of the Theatre Guild's 1988-89 season and is directed by Jerry Brees and produced by JoAnne Mitchel. Bob Apold is assistant director, Lourdes Bottin is stage manager, costumes by Janet Goertz and lighting by Dave Perata and Jason Peck.

Greater Tuna is scheduled for its gala opening March 17 and has a production run through April 1. Curtain time is 8 p.m. with performances Thursday, Friday and Saturday evenings. For more information and reservations for this riotous comedy, call the Theatre Guild at 252-6786.

'Shop of Horrors' auditions

The Theatre Guild of Ancon and the Pacific Theatre Arts Centre announce auditions for the upcoming musical comedy LITTLE SHOP OF HORRORS.

The musical will be the final show of the Theatre Guild's 1988-89 season and the entry for Pacific Theatre Arts Centre in the annual FORSCOM Festival of Performing Arts. The production is a musical comedy spoof of the horror flick genre and features an adorable sixties girl group chorus and several fabulous musical comedy roles.

LITTLE SHOP OF HORRORS follows the story of Seymour, a lowly

floral shop assistant and his adventures with a singing man-eating plant. There are parts for five men and four women and a plant!

Auditionees are requested to bring a prepared vocal selection to sing at tryouts and will be required to read parts from the script and learn a song from the show. The auditions are set for March 27 and 28 at 7:00 p.m. at the Theatre Guild of Ancon.

JoAnn Mitchell and Jerry Brees will direct the co-production of the two community theatre groups. Dancers and backstage help will also be required. For information call 286-3814 3152.



Atlantic hosts family day

FORT DAVIS (USARSO PAO) - The Garrison Commander, Atlantic, Lt. Col. Robert J. Henry is sponsoring an Atlantic community family day and "Dry Season Concert," March 23, 9 a.m. at fort Sherman.

There will be things to interest the entire family. The units in the Atlantic command will have various displays and demonstrations throughout the day.

In addition, the 228th Aviation Regiment, Fort Kobbe will have a

static display of copters. The 29th Military Intelligence Battalion will have alarms and sensors, Delta Company will be doing camouflage, and the Provost Marshal's Office will have demonstrations including the military police working dogs. At 2 p.m. the U.S. Army South 79th Army Band will give a two hour concert.

Everyone in the Atlantic community is cordially invited to bring their lawn chairs and enjoy a day of socializing and fun.

G — General Audiences. All ages admitted.
PG — Parental guidance suggested. Some material may not be suitable for children.
PG-13 — Parents are strongly cautioned. Some material may be inappropriate for children under 13.
R — Restricted. Under 17 requires accompanying parent or adult guardian.

Panama Area Exchange Movie Schedule

Box office opens 20 minutes prior to each performance.
Programs are subject to change without notice.
RT: Running time in minutes.
SIT: Titulos en Espanol — Subtitles in Spanish.

	Howard 284-3583	Clayton 287-3279	Davis 289-5173	Quarry Hts 282-3635	Amador 282-4287	Sherman 289-6251
Friday	HALLOWEEN IV Donald Pleasance Adults-\$2.00 Children-\$1.00 Rated (R) RT:88 COMING TO AMERICA Eddie Murphy Adults-\$2.00 Children-\$1.00 Rated (R) RT:110	BETRAYED Debra Winger Adults-\$2.00 Children-\$1.00 Rated (R) RT:93 MIDNIGHT RUN Jennifer Rubin Adults-\$2.50 Children-\$1.25 Rated (R) RT:126	MESSANGER OF DEATH Charles Bronson Adults-\$2.00 Children-\$1.00 Rated (R) RT:91 COCKTAIL Tom Cruise Adults-\$2.00 Children-\$1.00 Rated (R) RT:104	CHILD'S PLAY Adults-\$2.50 Children-\$1.25 Rated (R) RT:87	BULL DURHAM Kevin Costner Adults-\$2.00 Children-\$1.00 Rated (R) RT:107	NIGHTMARE ON ELM STREET IV Robert Englund Adults-\$2.00 Children-\$1.00 Rated (R) RT:93
Saturday	MATINEE-2:00 OLIVER & COMPANY Animated Adults-\$2.50 Children-\$1.25 Rated (G) RT:72 EVERYBODY'S ALL AMERICAN Dennis Quaid Adults-\$2.50 Children-\$1.25 Rated (R) RT:127 THE NAKED GUN Leslie Nielsen Adults-\$2.50 Children-\$1.25 Rated (PG-13) RT:84	MOON OVER PARADOR Richard Dreyfuss Adults-\$2.00 Children-\$1.00 Rated (PG-13) RT:104 U2 RATTLE AND HUM Documentary Adults-\$2.00 Children-\$1.00 Rated (PG-13) RT:99 MYSTIC PIZZA Julia Roberts Adults-\$2.00 Children-\$1.00 Rated (R) RT:104	MATINEE-2:00 SCROOGED Bill Murray Adults-\$2.50 Children-\$1.25 Rated (PG-13) RT:101 IRON EAGLE II Louis Gossett Jr. Adults-\$2.50 Children-\$1.25 Rated (PG) RT:100	EVENING-7 P.M. COCOON Don Ameche Adults-\$2.50 Children-\$1.25 Rated (PG) RT:116	EVENING-7 P.M. MY STEPMOTHER IS AN ALIEN Adults-\$2.50 Children-\$1.25 Rated (PG-13) RT:107	EVENING-7:00 DIRTY ROTTEN SCOUNDRELS Steve Martin Adults-\$2.50 Children-\$1.25 Rated (PG) RT:110
Sunday	MATINEE-2:00 OLIVER & COMPANY Animated Adults-\$2.50 Children-\$1.25 Rated (G) RT:72 THE NAKED GUN Leslie Nielsen Adults-\$2.50 Children-\$1.25 Rated (PG-13) RT:84 EVERYBODY'S ALL AMERICAN Dennis Quaid Adults-\$2.50 Children-\$1.25 Rated (R) RT:127	MOON OVER PARADOR Richard Dreyfuss Adults-\$2.00 Children-\$1.00 Rated (PG-13) RT:99 MYSTIC PIZZA Julia Roberts Adults-\$2.00 Children-\$1.00 Rated (R) RT:104 U2 RATTLE AND HUM Documentary Adults-\$2.00 Children-\$1.00 Rated (PG-13) RT:99	EVENING-7:00 & 9:00 SPLIT DECISIONS Jeff Fahey Adults-\$2.00 Children-\$1.00 Rated (R) RT:95 THEY LIVE Roddy Piper Adults-\$2.50 Children-\$1.25 Rated (R) RT:95	EVENING-7 P.M. HIGH SPIRITS Daryl Hanna Adults-\$2.50 Children-\$1.25 Rated (PG-13) RT:96	EVENING-7 P.M. A Married to the Mob Adults-\$2.50 Children-\$1.25 Rated (R) RT:104	EVENING-7:00 A FISH CALLED WANDA Adults-\$2.00 Children-\$1.00 Rated (R) RT:108
Monday	EVENING-7:00 THE NAKED GUN Leslie Nielsen Adults-\$2.50 Children-\$1.25 Rated (PG-13) RT:84 IMAGINE: JOHN LENNON Documentary Adults-\$2.00 Children-\$1.00 Rated (R) RT:103	MYSTIC PIZZA Julia Roberts Adults-\$2.00 Children-\$1.00 Rated (R) RT:104 MONKEYSHINES Jason Beghe Adults-\$2.00 Children-\$1.00 Rated (R) RT:95	EVENING-7:00 SPLIT DECISIONS Jeff Fahey Adults-\$2.00 Children-\$1.00 Rated (R) RT:95	EVENING-7 P.M. YOUNG GUNS Emilio Estevez Adults-\$2.50 Children-\$1.25 Rated (R) RT:91	EVENING-7 P.M. RAMBO III Sylvester Stallone Adults-\$2.00 Children-\$1.00 Rated (R) RT:104	EVENING-7:00 TUCKER Jeff Bridges Adults-\$2.50 Children-\$1.25 Rated (PG) RT:110
Tuesday	THE LAND BEFORE TIME Animated Adults-\$2.50 Children-\$1.25 Rated (G) RT:69 BAT 21 Gene Hackman Adults-\$2.50 Children-\$1.25 Rated (R) RT:105	BLOODSPORT Jean Claude Van Damme Adults-\$2.00 Children-\$1.00 Rated (R) RT:92 IRON EAGLE II Louis Gossett Jr. Adults-\$2.50 Children-\$1.25 Rated (PG) RT:100	EVENING-7:00 PLATOON LEADER Michael Dudikoff Adults-\$2.00 Children-\$1.00 Rated (R) RT:100	COMING SOON TWINS	COMING SOON Something down there will scare the hell out of you. DEEP STAR SIX	COMING SOON FROM THE PRODUCER OF "JAGGED EDGE" Burt Reynolds Theresa Russell PHYSICAL EVIDENCE
Wednesday	A CRY IN THE DARK Meryl Streep Adults-\$2.00 Children-\$1.00 Rated (PG-13) RT:121 FEDS Rebecca Demournay Adults-\$2.00 Children-\$1.00 Rated (PG-13) RT:83	TEQUILA SUNRISE Mel Gibson Adults-\$2.50 Children-\$1.25 Rated (R) RT:116 COCKTAIL Tom Cruise Adults-\$2.00 Children-\$1.00 Rated (R) RT:104	EVENING-7:00 THE JANUARY MAN	COMING SOON CLARA'S HEART	EVENING-7 P.M. fresh horses	EVENING-7:00 HELLBOUND: HELLRAISER
Thursday	A CRY IN THE DARK Meryl Streep Adults-\$2.00 Children-\$1.00 Rated (PG-13) RT:121 FEDS Rebecca Demournay Adults-\$2.00 Children-\$1.00 Rated (PG-13) RT:83	TEQUILA SUNRISE Mel Gibson Adults-\$2.50 Children-\$1.25 Rated (R) RT:116 COCKTAIL Tom Cruise Adults-\$2.00 Children-\$1.00 Rated (R) RT:104	EVENING-7:00 CLARA'S HEART Whoopi Goldberg Adults-\$2.00 Children-\$1.00 Rated (PG-13) RT:108	COMING SOON CLARA'S HEART	EVENING-7 P.M. fresh horses	EVENING-7:00 HELLBOUND: HELLRAISER

HALLOWEEN IV

The monstrous Michael Myers escapes from a mental hospital and returns home to wreak havoc in his hellbent quest to destroy his younger niece.

CHILD'S PLAY

As he lies dying in the aisle of a toy store, a vicious killer directs his spirit into a nearby doll, all the while vowing revenge upon the detective who shot him. May heaven help the family who purchases this cute and cuddly killing machine.

COCOON THE RETURN

An adventurous group of senior citizens chooses to forgo a life free from sickness and death to return to Earth and help retrieve the remainder of the alien cocoons hidden in the ocean depths.

MY STEPMOTHER IS AN ALIEN

A scientist searching for extraterrestrial intelligent life finds just what he's looking for (and more!) at a singles party thrown by his swinger brother. (Language, Sex)

THE NAKED GUN

Get ready for one of the most outrageous comedies of the year as an incredibly inept and bumbling gumshoe tackles every assignment from tangling with Commie/Third World terrorists to protecting the Queen of England with the same hilarious bull-in-a-china-shop enthusiasm. (Language and nudity)

MOON OVER PARADOR

While on location in the Latin American country of Parador, a U.S. actor is kidnapped and forced to play the role of a lifetime -- the nation's dictator! (Violence, language)

U2 RATTLE AND HUM

U2 RATTLE AND HUM is a documentary look at the band U2, filmed during their 1987 tour and the making of their new album.

A CRY IN THE DARK

A CRY IN THE DARK follows the horrifying story of a young mother who finds herself the object of religious intolerance, media sensationalism and national hatred after the death of her 9-week-old baby. (Violence, language)

TEQUILA SUNRISE

Two friends from high school - a retired drug dealer and a cop - clash when the cop is assigned to put the former dealer behind bars.

THE JANUARY MAN

A remarkable romantic thriller, THE JANUARY MAN opens with a murder in Times Square and then follows the adventures of Kevin Kline as he tries to solve the case.

MYSTIC PIZZA

MYSTIC PIZZA is a zany madcap romp through the turmoil of the romantic entanglements of three young waitresses in a small town in New England.

CLARA'S HEART

Whoopi Goldberg is spectacular as a quickwitted, compassionate Jamaican housekeeper who befriends a troubled young adolescent and steers him through a personal crisis. (Language).

COMING SOON

HOWARD AIR FORCE BASE

Fri HALLOWEEN IV (R)
Fri COMING TO AMERICA (R)
Sat OLIVER & COMPANY (G)
Sat EVERYBODY'S ALL AMERICAN (R)

Sat TALK RADIO (R)

Sun TWINS (PG)

Sun TALK RADIO (R)

Sun CHILD'S PLAY (R)

FORT CLAYTON

Fri HALLOWEEN IV (R)

Fri THE DEAD POOL (R)

Sat OLIVER & COMPANY (G)

Sat THEY LIVE (R)

Sat THE NAKED GUN (PG-13)

Sun OLIVER & COMPANY (G)

Sun THE NAKED GUN (PG-13)

FORT AMADOR

Fri NIGHTMARE ON ELM STREET IV (R)

Sat DIRTY ROTTEN SCOUNDRELS (PG)

Sun A FISH CALLED WANDA (R)

QUARRY HEIGHTS

Fri CLARA'S HEART (PG-13)

Sat MY STEPMOTHER IS AN ALIEN (PG-13)

Sun RAMBO III (R)

FORT DAVIS

Fri BETRAYED (R)

Fri THE ACCUSED (R)

Sat MOON OVER PARADOR (PG-13)

Sat COMING TO AMERICA (R)

Sun MYSTIC PIZZA (R)

Sun EVERYBODY'S ALL AMERICAN (R)

FORT SHERMAN

Fri MESSENGER OF DEATH (R)

Sat SCROOGED (PG-13)

Sun SPLIT DECISIONS (R)

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science watch

Fresh fruits, vegetables, key to good nutrition

WASHINGTON (UPI)-- Echoing the findings of scores of researchers, a high-ranking government panel urges Americans to eat more fruits and vegetables and cut down on fats to help prevent heart disease and cancer.

In a report billed as the most comprehensive, scientific study of the links between diet and health, a national research council committee called on Americans to reduce consumption of fat to 30 percent or less of their daily calorie intake. Currently, the typical U.S. diet consist of about 37 percent fat.

The hefty, 1,300-page study reiterates many of the recommendations made last year by the surgeon general's report on nutrition and health, and like that report, advocates a moderate, balanced diet rather than emphasizing any particular food or nutritional supplement.

The committee did not support the use of most dietary supplements -- including multiple vitamins, calcium, fish oil and fiber -- saying most "not only have no known health benefits for the population, but their use may be detrimental to health."

Nor did the panel make an overall estimate on how much chronic disease could be prevented if Americans would change their eating patterns for the better.

But if everyone heeded the recommendation on the intake of fat, cholesterol and saturated fatty acids, it predicted the change could lead to a "A 20 percent reduction in coronary heart disease risk in the United States beyond the 1987 levels."

The experts offered no similar estimate for cancer, but noted

"several countries with dietary patterns similar to those recommended in (the) report have about half the U.S. rates of diet-associated cancers."

Other chronic disorders linked to diet include high blood pressure, liver disease, dental cavities and the type of diabetes associated with obesity, the 19-member panel said. But the experts added there was not sufficient evidence to link eating patterns to kidney disease or osteoporosis, commonly known as

"brittle bone disease."

The committee contends the fat-reduction goals produced by its three-year study are workable "within the framework of the average American lifestyle." Reduction of fat and cholesterol can be accomplished by "substituting fish, poultry without skin, lean meats and low- or non-dairy fat products for fatty meats and whole-milk dairy products," the report said.

More specific in its advice than the surgeon general's report the latest

study advocates eating five or more servings of fruit and vegetables per day, especially the green and yellow vegetables and citrus fruit that some studies indicate guard against cancer of the lung, stomach and colon.

The committee also urges people to eat six or more servings of starch, such as whole-grain bread, cereal and beans, so that complex carbohydrates make up 55 percent or more of their daily calories.

In addition, the panel advises limiting daily protein consumption to no more than 1 ounce of meat or fish per 11 pounds of body weight.

Other recommendations include:

--Restrict daily salt intake to no more than 1 teaspoon, and use salt-preserved or pickled foods sparingly.

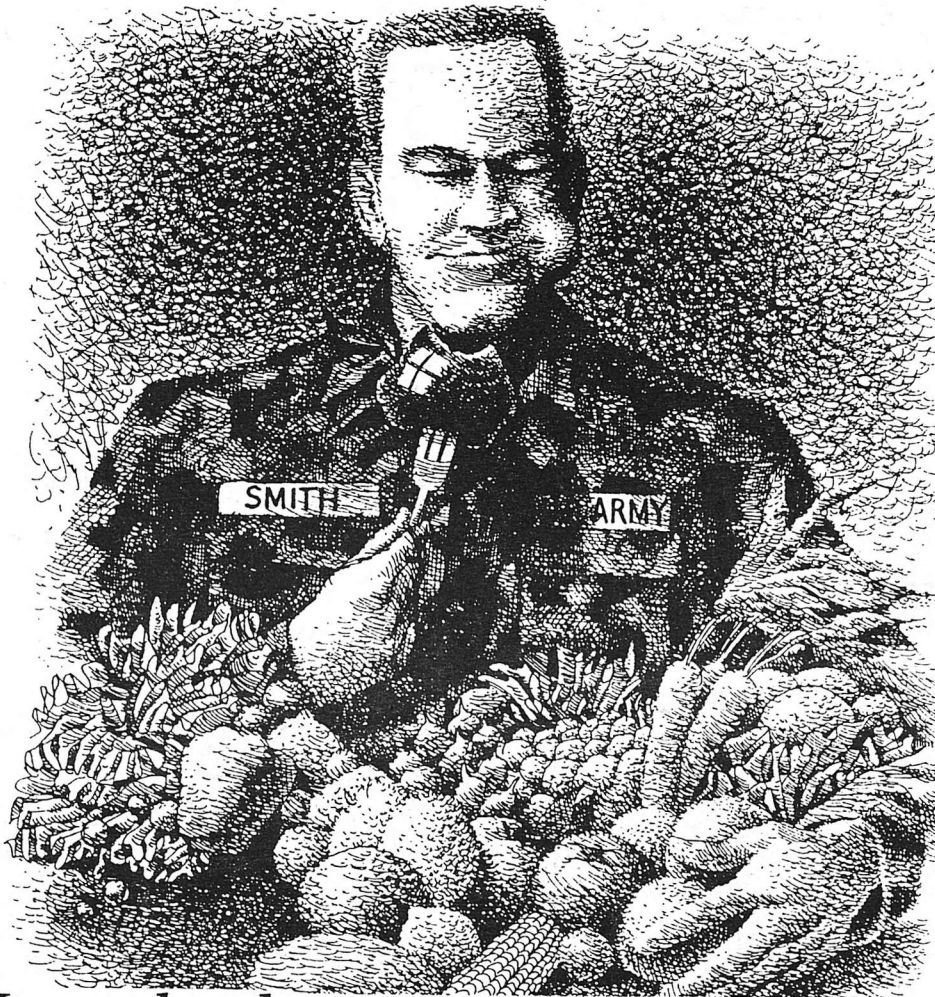
--Drink no alcohol or limit consumption to no more than 1 ounce per day.

--Consume flouridated water to prevent tooth decay.

"These guidelines ... could produce substantial reductions in the incidence of chronic disease and healthier lives for millions of Americans," Dr. Arne Motulsky, committee chairman and head of the University of Washington's Center for Inherited Diseases, told a news conference.

Under the recommended diet, Motulsky said the typical American would have to increase carbohydrate consumption by about one-fifth, while reducing overall fat consumption by about one-fifth, saturated fat and salt consumption by about one-fourth and protein by about 10 percent.

Motulsky called such goals "realistic," but added it "would help to improve (food) labeling so consumers can make the decisions that are required."



Government, NCI spearhead National no-smoking drive

WASHINGTON (UPI) -- The federal government and the American Cancer Society Monday announced a no-smoking drive expected to reach more than one-fifth of the U.S. population and at least 15 million smokers.

The National Cancer Institute estimates it will spend \$116.5 million dollars on the project, which is being billed as the "world's largest effort to reduce smoking."

Scheduled to begin in 1989 and run through 1998, the drive will be spearheaded by 20 community-based "tobacco control" coalitions in major metropolitan areas or throughout the entire states.

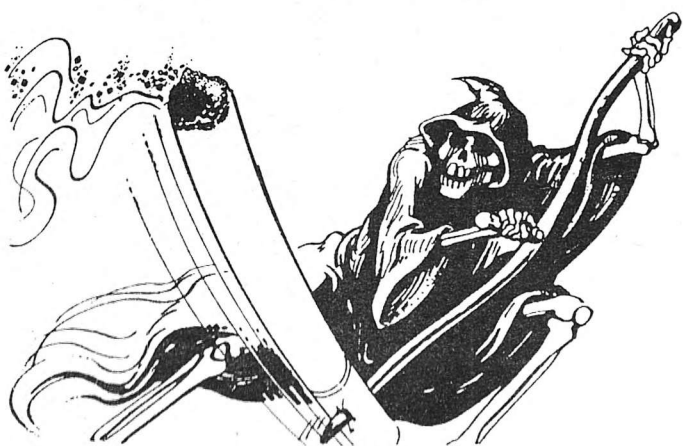
Government funding for the program, called the American Stop-Smoking Intervention Study, will be competitively awarded to city or state health departments, which will

allocate the money to grassroots coalitions.

As for its role, the Cancer Society will kick in several million dollars for program costs, provide large quantities of educational material and offer its network of thousands of local volunteers.

The project will include training health professionals on how to counsel smokers trying to stop, starting special stop-smoking programs in the workplace and beginning smoking prevention classes in schools. Special emphasis will be placed on efforts directed at minorities, women, heavy smokers, low-income smokers and youth, NCI said.

To evaluate the program's success in getting people to kick the habit, NCI will conduct periodic national surveys.



AGING IN FOCUS

"Hot" Tips To Keep You Cool by Curt Clinkscales

Long before you thought for the first time that you were "getting along in years," you probably gave little thought to the weather, just that it was hot, cold or just right.

Except in unusual circumstances, such as long periods of extreme weather, the young person has little concern with the atmospheric conditions. If he or she gets overheated, it is a natural thing to sit down, take it easy and quickly recover.

Not so with the aging, according to Dr. T. Franklin Williams, director of the National Institute on Aging.

Dr. Williams warns that certain factors can make a person prone to heat stress, including heart, lung and kidney diseases, as well as any condition which causes weakness or fever.

In spite of such warnings, the normal person who is over 50 can enjoy hot weather by using ordinary common sense.

Therefore, if you expect high temperatures and humidity to continue for a while in your locale, consider doing this:

Drink plenty of water and juices.

Bathe or shower frequently — using cool water.

Wear lightweight, light-colored, loose-fitting clothing. Natural, rather than man-made, fibers are recommended.

Avoid vigorous activity between noon and 4:00 p.m., the hottest part of the day.

Avoid heavy meals.

If you take medication regularly, discuss potential problems related to heat with your doctor.

Relax. Keep cool as practical.

The majority of persons who die each year of heat stroke, according to Dr. Williams, are over 50.

We can experience heat stress in different stages. Heat fatigue will generally make you feel weak. It is more serious when we detect extreme thirst, giddiness, nausea, loss of appetite, lightheadedness and an elevated temperature.

If you witness these symptoms, Dr. Williams warns, drink water or fruit — or vegetable — juices. Avoid anything containing alcohol.

Whatever you do, take the heat seriously. Keep the danger signs, listed above, handy. Sometimes the temperature doesn't show any significant drop until late October. So, as long as the temperature remains hot, do your best to remain as comfortably cool and relaxed as you can.

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tv guide

Saturday

7:00 a.m.	CNN Headline News
7:30	Just For Kids!
7:31	The Porky Pig Show
8:00	Huckleberry Hound & Friends
	Rototech
	Woody Woodpecker
	G.I. Joe
	Nickelodeon Movie... "Scooby Doo And The Reluctant Werewolf." (92 min.)
11:30	America's Top 10
Noon	SCN Matinee Movie... "The Macomber Affair." (91 min.)
1:30 p.m.	CBS College Basketball
3:30	Road To The Final Four
4:00	CBS College Basketball
6:00	Wrestlemania IV (Part 4)
7:00	CNN Headline News
7:12	Community Bulletin
7:15	Wheel Of Fortune
7:40	The Fantastic Miss Piggy Show
8:30	SCN Saturday Night Movie... "Bay Coven." (100 min.)
10:10	SCN Saturday Night Special... Charlie Daniels Homecoming."
10:59	Community Bulletin
11:00	CNN Headline News
11:30	Saturday Night Main Event
1:00 a.m.	Videolink
2:00	SCN Fright Night Movie... "The Fly." (94 min.)
3:40	SCN Fright Night Movie... "Bride Of Frankenstein." (76 min.)
5:05	SCN Fright Night Movies... "Ghost Of Frankenstein." (69 min.)
6:15	Search
6:50	Devotions, Community Bulletin

Sunday

7:00 a.m.	CNN Headline News
7:30	Christian Lifestyle Magazine
8:00	Coral Ridge Ministries
8:58	Community Bulletin
9:00	CBS Sunday Morning
10:30	Essence, The Television Program
11:00	Meet The Press
11:30	This Week With David Brinkley
12:30 p.m.	CNN Headline News
1:00	College Basketball
3:00	OP Fiji Invitational Surfing Championships
4:00	ABC College Basketball
6:00	CNN Headline News
6:30	Community Bulletin
6:35	Punky Brewster
7:15	SCN Sunday Night Movie... "The Breakfast Club." (mature theme) (99 min.)
8:55	Community Bulletin
9:00	The People's Choice Awards
11:00	CNN Headline News
11:30	Entertainment This Week

Monday

6:00 a.m.	CNN Headline News
6:30	NBC At Sunrise
7:00	Today Show
9:00	Morning Stretch
9:23	Sesame Street
10:21	CNN Headline Newsbreak
10:30	USA Today - TV
11:00	Super Password
11:30	Photoplay
11:55	Community Bulletin
Noon	CNN Headline News
12:30 p.m.	SCN Midday Report
12:40	Sports Machine
1:10	Oprah Winfrey... Soap Stars. (mature theme)
2:00	Another World
3:00	Taxi
3:25	Size Small Island
3:51	Community Bulletin
3:52	CNN Headline Newsbreak
4:04	It Figures
4:27	Guiding Light
5:12	General Hospital
5:57	Community Bulletin
6:00	SCN Evening Report
6:30	ABC World News Tonight
7:00	Classic Concentration
7:25	Kate & Allie
7:50	Sixty Minutes
8:45	Hill Street Blues
9:36	Community Bulletin
9:40	NBC Nightly News
10:10	Entertainment Tonight
10:38	T.J. Hooker

11:30	NBC Tonight Show
12:30 a.m.	Late Night with David Letterman
1:30	Nightline

Tuesday

6:00 a.m.	CNN Headline News
6:30	NBC At Sunrise
7:00	NBC Today Show
9:00	Trapper John, M.D.
9:50	Spirit Bay
10:18	CNN Headline Newsbreak
10:30	USA Today - TV
11:00	Super Password
11:28	Wild America
11:57	Community Bulletin
Noon	CNN Headline News
12:30 p.m.	SCN Midday Report
12:40	CNN Sports Tonight
1:08	Donahue... Blacks Quitting White Corporations
2:00	Another World
3:00	Goodnight Beantown
3:25	3-2-1 Contact
3:54	Community Bulletin
3:55	CNN Headline Newsbreak
4:03	Mary
4:29	Guiding Light
5:13	General Hospital
5:57	Community Bulletin
6:00	SCN Evening Report
6:30	ABC World News Tonight
7:00	Classic Concentration
7:30	Answer Line
8:20	Small Wonder
8:45	St. Elsewhere
9:35	Community Bulletin
9:40	NBC Nightly News
10:10	Entertainment Tonight
10:40	Kung Fu
11:30	NBC Tonight Show
12:30 a.m.	Late Night With David Letterman
1:30	Nightline

Wednesday

6:00 a.m.	CNN Headline News
6:30	NBC At Sunrise
7:00	NBC Today Show
9:00	Morning Stretch
9:23	Sesame Street
10:21	CNN Headline Newsbreak
10:30	USA Today - TV
11:00	Super Password
11:30	Barney Miller
11:55	Community Bulletin
Noon	CNN Headline News
12:30 p.m.	SCN Midday Report
12:40	CNN Sports Tonight
1:10	Oprah Winfrey... "Shopaholics Closet Tour"
2:00	Another World
3:00	Porky Pig Show
3:23	Zoobilee Zoo
3:45	Community Bulletin
3:46	CNN Headline Newsbreak
3:58	It Figures
4:22	Guiding Light
5:10	General Hospital
5:55	Community Bulletin
6:00	SCN Evening Report
6:30	ABC World News Tonight
7:00	Classic Concentration
7:30	Charles In Charge
8:00	SCN Wednesday Night Movie... "The Grey Fox." (mature theme) (95 min.)
9:36	Community Bulletin
9:40	NBC Nightly News
10:10	Entertainment Tonight
10:38	Hart To Hart
11:30	ABC Tonight Show
12:30 p.m.	Late Night With David Letterman
1:00	Nightline

Thursday

6:00 a.m.	CNN Headline News
6:30	NBC News At Sunrise
7:00	NBC Today Show
9:00	Fantasy Island
9:50	Robotech
10:15	CNN Headline Newsbreak
10:30	USA Today - TV
11:00	Super Password
11:30	The American Diary (series ends)
11:55	Community Bulletin
12:00	CNN Headline News
12:30 p.m.	SCN Midday Report
12:40	CNN Sports Tonight
1:08	Donahue/Husbands Who Leave Their Wives For Older Women (mature theme)

2:00	Another World
3:00	Oliver Twist (Part 3)
3:27	The Roadrunner Show
3:48	Community Bulletin
3:50	CNN Headline Newsbreak
3:58	Square One
4:27	Guiding Light
5:12	General Hospital
5:58	Community Bulletin
6:00	SCN Evening Report
6:30	ABC World News Tonight
7:00	Classic Concentration
7:30	Mr. Belvedere
7:55	Legwork (mature theme)
8:45	Cagney & Lacey
9:36	Community Bulletin
9:40	NBC Nightly News
10:10	Entertainment Tonight
10:40	Kojak
11:30	NBC Tonight Show
12:30 a.m.	Late Night With David Letterman
1:30	Nightline

Friday

6:00 a.m.	CNN Headline News
6:30	NBC At Sunrise
7:00	NBC Today Show
9:00	Morning Stretch
9:30	Incredible Hulk
10:19	CNN Headline Newsbreak
10:30	USA Today - TV
11:00	Super Password
11:30	Alice
11:55	Community Bulletin
Noon	CNN Headline News
12:30 p.m.	SCN Midday Report
12:40	CNN Sports Tonight
1:10	Oprah Winfrey... Marrying For Money. (mature theme)
2:00	Another World
3:00	Mork & Mindy
3:28	G.I. Joe
3:51	Community Bulletin
3:53	CNN Headline Newsbreak
4:01	It Figures
4:25	Guiding Light
5:10	General Hospital
5:55	Community Bulletin
6:00	SCN Evening Report
6:30	ABC World News Tonight
7:00	Classic Concentration
7:30	Throb
7:55	Magnum P.I.
8:45	Stingray
9:37	Community Bulletin
9:40	NBC Nightly News
10:10	Entertainment Tonight
10:40	Star Trek
11:30	NBC Tonight Show
12:30 a.m.	Late Night With David Letterman
1:30	Nightline
2:00	SCN All Night Movie... "The Breakfast Club." (mature theme) (99 min.)
3:40	SCN All Night Movie... "The Grey Fox." (mature theme) (95 min.)
5:20	Austin City Limits
6:20	Videolink
6:50	Devotions, Bulletin Board & Sign-On

Movies On SCN-TV

"Bay Coven." Stars Tim Matheson, Pamela Sue Martin, Barbara Billingsley, James Sikking and Inga Swenson. (1987)

"The Breakfast Club." Stars Emilio Estevez, Molly Ringwald, Anthony Michael Hall and Judd Nelson. (2® stars, 1985)

"The Grey Fox." Stars Richard Farnsworth and Jackie Burroughs. (3 stars, 1982)

"Scooby Doo And The Reluctant Werewolf." (Animated, 1988)

The Macomber Affair." Stars Gregory Peck and Robert Preston. (3® stars, 1947)

"The Fly." Stars David Hedison and Vincent Price. (2® stars, 1958)

"The Bride Of Frankenstein." Stars Elsa Lanchester and Boris Karloff. (3 stars, 1935)

"The Ghost Of Frankenstein." Stars Lon Chaney Jr. (1® stars, 1942)

Specials On SCN-TV

"Answer Line." National Nutrition Month. Guests include a Gorgas Hospital cardiologist and dietician.

"People's Choice Awards." Awards are announced as viewers and listeners votes are heard.

"The Fantastic Miss Piggy Show." Guests John Ritter, George Hamilton and Frank Oz.

"Charlie Daniels Homecoming." Guests Dwight Yokum, John Schneider, Dobie Gray and The Judds.

"Fright Night Movie Special." "The Fly." "Bride Of Frankenstein." and "Ghost of Frankenstein."

lifestyle

THE CHOPPING BLOCK

by Philomena Corradeno

The risotto rage is gradually taking hold on American appetites. While it may not suppress the pizza or pasta passion, rice, an American staple, cooked in this special Italian way, is appearing on many restaurant menus.

This classic dish of Northern Italy has in the last several decades filtered down into the rest of that country. The Italian for rice is "riso." Risotto is a way of preparing rice so that it cooks to a creamy consistency yet remains firm. Rice is sauteed briefly and liquid is added in small amounts. As each addition is almost fully absorbed, more is added until the rice is tender. Each grain drinks in flavor.

Risotto may be as simple as using only broth and saffron, or elegant with champagne, wild mushrooms, truffles, shellfish or any exquisite extra.

Because Americans like speed, I give you first an Americanized version: all ingredients are added at one time. Then the classic Risotto alla Milanese. And I urge you to try the Milanese for a taste experience you will repeat often. It's well worth the few extra minutes.



RISOTTO PORTOFINO

- 1 cup chopped onions
- 2 tablespoons butter or margarine
- 1 cup uncooked rice
- 2 medium tomatoes, cut in eighths
- 1 4-oz. can sliced mushrooms, drained
- 1 teaspoon salt
- ¼ teaspoon EACH ground black pepper and rosemary leaves
- 1½ cups chicken broth
- 1 pound peeled deveined raw shrimp

Cook onion in butter in a large skillet over medium heat until tender but not brown. Add rice and cook two minutes more. Add tomatoes, mushrooms, salt, pepper, rosemary and chicken broth. Heat to boiling; stir, cover, reduce heat and simmer 20 minutes. Add shrimp; cover and cook two minutes. If rice is too moist, cover and let stand 10 minutes. Makes six servings.

RISOTTO ALLA MILANESE

- 5 to 6 cups chicken broth
- ½ cup finely diced onion (1 small onion)
- 1 tablespoon Italian olive oil
- 3 tablespoons unsalted butter, divided
- 1½ cups uncooked rice
- ½ cup dry white wine, optional
- ¼ teaspoon powdered saffron
- ½ cup freshly grated Italian Parmesan cheese

Bring broth to a simmer and keep it simmering over low heat.

In a heavy saucepan over low heat, saute onion in olive oil and two tablespoons butter until softened but not brown. Add rice. Stirring with a wooden spoon, cook one to two minutes; add broth and cook, stirring often until liquid is nearly all absorbed. Continue adding ½ cup broth at a time, cooking until each addition is almost absorbed. When rice is almost tender, dissolve saffron in ½ cup broth. Stir into rice and cook until absorbed. Remove from heat. Stir in remaining tablespoon butter and Parmesan cheese. Serve immediately. Makes four servings.

Tokyo has highest food bills

A list of groceries cost more than \$65 in Tokyo, compared to just over \$15 in Mexico City, according to a survey by the Foreign Agriculture Service in capital cities around the world. In Washington, D.C., the same groceries cost \$24.33.

	Tokyo	Mexico City	Washington, D.C.
Sirloin steak 1 lb.	\$23.27	\$2.62	\$5.29
Roast pork 1 lb.	6.91	1.97	2.66
Whole broilers 1 lb.	2.91	.76	1.03
Eggs 1 doz.	1.29	.67	.85
Butter 1 lb.	5.15	1.21	2.30
Cheddar cheese	4.10	3.58	3.09
Whole milk 1 qt.	1.45	.30	.50
Cooking oil 1 qt.	2.16	.91	2.29
Potatoes 1 lb.	1.20	.14	.39
Apples 1 lb.	1.60	.78	.89
Oranges 1 lb.	1.25	.18	.74
Flour 1 lb.	.28	.15	—
Rice 1 lb.	1.37	.19	.69
Sugar 1 lb.	.89	.16	.39
Coffee 1 lb.	11.74	1.54	3.22
TOTAL	\$65.57	\$15.16	\$24.33

SOURCE: U.S. Dept. of Agriculture
 InfoGraphics © 1988 North America Syndicate, Inc.

FILE: RESOURCES - FOOD

Flick Picks

by Bradley J. Elson

Mini-Reviews

COUSINS — The plot of this movie is borrowed from the 1975 French comedy, "Cousin, Cousine," but it is still delightful in its retelling. This movie could have had a lot of problems bridging the span of over a decade. After all, in the '70s, free love was still very much in vogue. In the righteous, health-conscious late '80s, morality and sexual discretion are once again ruling the day. Yet this film manages to make the transition marvelously.

It is a madcap, adulterous romp centered around three weddings and the loud, boisterous family that attends them. During the first wedding, two distant relatives sneak off for some l'amour, leaving their spouses behind to fend for themselves. The spouses (Ted Danson and Isabella Rossellini), of course, find that they, too, can make beautiful music together. In their case, though, their affair leads to "true love" (whatever that is!). Truly, Rossellini's performance brings this whole film to life. **Rated: PG-13.** **Star Rating: ***.**

TAP — Sadly, we've all come to accept the fact that the age of the great movie musical, a la the glorious MGM (Astaire, Kelly, Garland, Rooney, Rogers, et al) days, is dead

and gone. Even more sadly, this particular film does nothing to resurrect it.

Gregory Hines plays Max Washington, son of a late, great tap dancer. He has just gotten out of prison and will probably go right back there if he decides to go through with a planned jewel heist.

Pulling him back from his life of crime are his father's old cronies (Harold Nicholas, Jimmy Slyde, Sandman Sims, Sammy Davis, Jr.) who try to convince Junior that his talent for tap is all he needs to succeed. And, poor thing, he does try, only to be shot down by audition after audition.

The story is tedious, but there is some saving grace. The love story between Hines and newcomer Suzanne Douglas, who portrays a tap teacher, is marvelous. While they indulge in the inevitable dance duet, movie musical fans will find themselves reminiscing about the old Fred Astaire/Ginger Rogers days.

Personally, I think the tap scenes are astounding. What's missing is that sense of tongue-in-cheek that has to be applied to movie musicals. When they take themselves too seriously, they get lost in the shuffle (no pun intended!). **Rated: PG-13.** **Star Rating: **½.**

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Book analyzes 50 years of change in style and course of America

THE RESHAPING OF EVERYDAY LIFE 1790-1840, by Jack Larkin (Harper & Row: \$19.95).

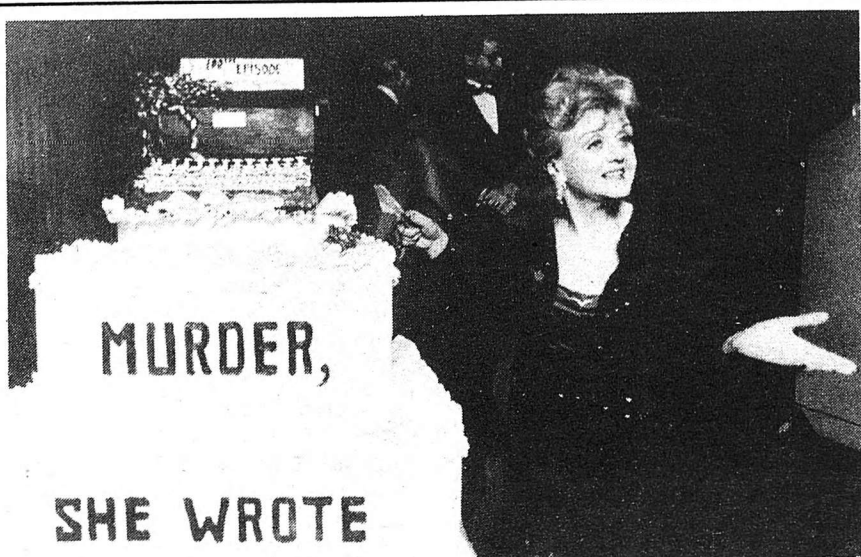
If one views the history of a civilization or a nation as a parallel to human development, then the period in American history from the inception of the Republic to the discovery of gold in California were the teen years of the States. The "birth" of the nation from the settlement to the Revolution saw little change from "parental" Old World influences. The following decades were by contrast a time of exploration, exuberance and exhibitionism not unlike the pre-adult years of a person.

This is the second volume in "The Everyday Life in America Series" and Mr. Larkin, chief historian at Old Sturbridge Village in Massachusetts, has resurrected the feel of the early days of the nation with as much authenticity as has the restoration at Sturbridge. That was a time of

change — a move from an agrarian to an urban lifestyle; an emphasis on invention and manufacturing rather than a home farmstead economy; a population push beyond the restrictive mountains that freed the formerly coastbound colonists. It was a time when personal cleanliness made a small if not universal impact on individual habits (amusing in an era when personal hygiene items make up a large portion of the weekly shopping list). Some things, such as premarital sex and pregnancy, were much as we know them today, if not more so.

The point is that those 50 years saw a drastic change in the style and course of a Republic rambunctiously launched on a new form of government and a citizenry brimming with confidence and joie de vivre. If any reader likes to reminisce about the "good old days," historically this would have been them.

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PEOPLE — Veteran actress Angela Lansbury, star of the CBS-TV series "Murder, She Wrote," cuts a huge cake in a recent celebration of the show's 100th episode. Hundreds of friends, associates, and fellow stars crowded a Los Angeles ballroom for the gala celebration. (AP Laserphoto)

MEDDAC offers nutrition education

ANCON (MEDDAC) — The 1988 U.S. Surgeon General's Report on Nutrition and Health recommends a reduction of fats, mostly saturated fats, in people's diets.

The Army Nutrition Planning Committee chose, "Controlling Fat...That's Where It's At," as the focus for nutrition education efforts for soldiers and the military community during March, 1989.

In March, National Nutrition Month, the Nutrition Clinic, Nutrition Care Division, USA MEDDAC, Panama is planning to help you answer these questions and many others through the following Nutrition Education Activities:

—Nutrition Education For Consumers: In coordination with Corozal and Fort Espinar commissaries is to teach consumers about health benefits in selecting foods low in saturated fats and cholesterol.

Dietitians and Community Health Nurses will be available to answer questions, to advise consumers on adopting a low fat eating style, and to show consumers how to read food labels, in order to select foods low in saturated fats and cholesterol. Food displays will be available.

USARSO opens wellness center

FORT CLAYTON (USARSO PAO) — U.S. Army South's first "wellness center," opening March 13 next to Reeder Gym, will enable soldiers to ensure that their lifestyles lead to a longer and healthier life.

The center offers a computerized projection of health risk based upon blood pressure, cholesterol, and lifestyle.

The 20-minute procedure involves filling out a short questionnaire, as well as measuring blood pressure and cholesterol levels.

Family members and DOD civilians are also invited.

The center will be open Monday through Friday, 6:30 a.m. to 4:30 p.m., and Saturday from 6:30 a.m. to 1 p.m. For more information contact Sgt. Claude Joseph or Staff Sgt. Paul T. Smith at 287-3553.

The Child Development Services Nutritionist, who works under Family Services Division has been invited to participate in this nutrition education effort.

The event will be held March 15, 16, and 17 at the Corozal Commissary from 10 a.m. to 3 p.m.

—Nutrition Education For Soldiers and Military Community: Dr. Jorge Motta, M.D. Cardiologist, and Mrs. Fatima S. Hoyer, R.D.,

Dietitian will present the latest information on the fat-cholesterol health issue. The one-hour seminar on low saturated fat and cholesterol eating style will be available to soldiers, military community, eligible health recipients, and Gorgas Army Community Hospital Staff.

The seminar will be held March 14 at the Valent Recreation Center, Room A, Fort Clayton from 10:30 a.m. to 11:30 a.m.

If you want to know your cholesterol number and lipid profile, a date, time and lab slip will be available for seminar participants who are eligible health recipients. Be sure to take advantage of these events. The fats you eat now will determine your health in years to come.

Help yourself be all you can be nutritionally by controlling fat - that's where it's at.

ACS will offer teen workshop

COROZAL (ASACS) — Bringing about dreams is a three-day workshop to be held March 21, 22 & 23 for older teens soon planning to leave the safety and security of allowances, free room and board and other minor amenities that come with home.

Through the cries of excited jubilation has been heard the soft sobs of second thoughts, especially about job hunting, washing clothes, and budgeting the potentially meager income.

Have no fear; BAD is here. BAD will attempt the impossible and succeed. In just three short days you can find your trueself; identify those things and ideas you value most; and chart a clean path to your greatest dreams.

If that's not enough, BAD will teach you to budget, write checks, fill out a job application, and wash your socks. Not BAD for three days. There will even be time for some fun. To register, call 285-4701 not later than March 15.



ADJUSTING SILHOUETTE—Staff Sgt. Rose Ann Smith, left, helps Sgt. 1st Class Jack Caverly move a bandana on a silhouette in preparation for night firing at the Army ammunition supply point of the Marine Barracks at Rodman Naval Station. Smith is a computer programmer with the U.S. Army and is originally from Panama. Caverly is a material control specialist from Colorado Springs, Colo. (Photo by Sgt. Mark A. Schultz, 102nd PAD, Mississippi Army National Guard)

Howard CPO office has job openings

HOWARD AFB (24 COMPW PA) — The Howard Civilian Personnel Office has the following vacancies.

— Administrative services supervisor, NM-301-09, sensitive position. The position is full-time located at the U.S. Naval Station Panama Canal Public Works Department.

Applicants must have an extensive management background with emphasis on management analysis and financial administration.

If chosen for the position, a person would be responsible for supervising other employees engaged in performing several functions such as management analysis, financial management, and administrative services.

— Management Analyst, MN-343-12, sensitive position. This position is located at the U.S. Naval Station Panama Canal Manpower Engineering Office at Rodman. It is a full-time position and applicants must possess practical experience in the field of management analysis which includes manpower and organizational analysis. Interested persons must also have practical knowledge of a wide variety of managerial functions, practices and techniques in the solution of management.

— Regular/full-time club manager, NM-1101-11. The position requires specialized experience in club management and financial management. The incumbent serves as the consolidated mess/package

store division director. Applicants must have the ability to speak, read and write English.

— Recreation aid (lifeguard), NM-0189-03, regular part time. Incumbent must currently hold a Red Cross Advanced Lifesaving Certificate and also must occasionally work irregular hours. Applicant must also be able to work with filterization and chemical treatment duties. Applicant must also be proficient in English.

Persons interested in the above vacancies should submit a Standard Form 171 to the 24th Mission Support Squadron/MSCS, Building 708, Howard AFB. Applications will be accepted until the positions are filled. For more information, call 284-5614.

CPO vacancies

COROZAL (USARSO CPO) — The Civilian Personnel Office, Recruitment and Placement Division, Building 560 Room 306, Corozal, is accepting applications for the following vacancies:

- Operating Room Nurse, NM-9, U.S. License required.
- Nurse Practitioner, NM-10, U.S./Pan. License required.
- Clinical Nurse, NM-9, U.S. License required.
- Clinical Psychologist, NM-12, U.S. License required.
- Pharmacist, NM-11, U.S. License requires.
- Practical Vocational nurse, NM-5, U.S. License required.

Interested persons may visit the Civilian Personnel Office on Monday, Tuesday, Thursday and Friday from 7 a.m. to 4:15 p.m. or they may call Ms. Selma Small, Personnel Staffing Specialist, at 285-5718 to obtain application packages and/or additional information.

SCN defines policy for airing messages

FORT CLAYTON (SCN) — The Southern Command Network airs messages on television and radio as command information for its viewing audience. All spot messages, therefore, must be available to the greater SCN authorized audience.

--All spot messages must be cleared by a component Public Affairs Office.

--Meetings for special interest groups, clubs and military organizations will be aired on radio only, unless the event concerns the greater SCN viewing audience.

--Messages must arrive at SCN at least one week prior to the event to allow time for processing; messages should be submitted to a Public

Affairs Office two weeks before the event.

--Announcements for profit-making organizations, companies, concessions or individuals will not be aired.

--SCN will not air dollar amounts, a person's name or product brands on any announcement other than Swap Shop. Swap Shop information is aired on SCN Radio based on daily time constraints.

--SCN will not air car washes, bake sales, patio sales or job vacancies.

--SCN will only air a facility's change in operating hours.

--Messages submitted to SCN must provide all the pertinent information, including a person of

contact and phone number. The same information as well as a narrative is required when the announcement is to be aired on radio.

--SCN retains the right to edit and format messages for radio and television.

--Messages are aired for a maximum of seven days prior to the event or registration date, regardless of the date submitted.

--Bona fide emergencies or spots of great community interest will be aired at the last minute; however, these messages must be cleared through a PAO and will be considered for airing by SCN on an individual basis.

sports

10K Swamp Run

Naval Security Group Activity (NSGA), Galeta is sponsoring a "10K Swamp Run," March 18, 7 a.m. at Cristobal High School track.

Participants must be registered by March 8 at the Morale, Welfare and Recreation (MWR) office, Coco Solo. There is a \$5 entry fee which entitles each participant a T-shirt.

The following categories are for both men and women: 15 to 20 year-olds, 22 to 26 year-olds, 27 to 31 year-olds 32 to 36 year-olds, and 37 years-old and over.

For additional information and registration call Mrs. Morgan, 289-5109.

Softball tournament

The Second Annual Atlantic Marines "Spring Break" softball tournament will be held March 24 through 26 at the Fort Davis softball

field.

For additional information and registration contact MSG. Henson or Staff Sgt. Peterson at 289-3301 or 289-3608.

10K run

The 154th Signal Battalion's 2nd Annual Crossed Flags 10K race is set for April 1 at 8 a.m. in front of Building 208, Fort Clayton.

Participants should pre-register to avoid a delay on race day.

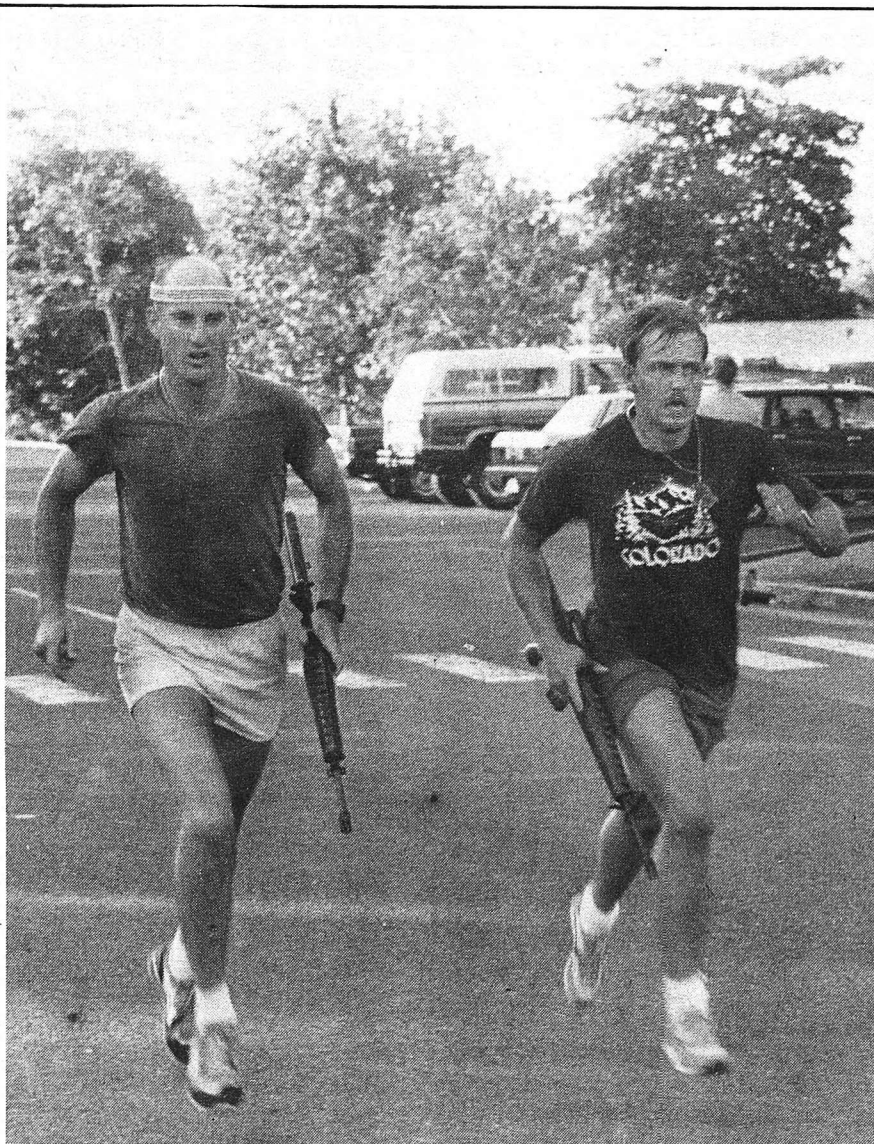
By mailing in your entry blank before March 20, we will have your race number assigned, ready for pick up when you arrive. Report to the Pre-Registered line no later than 7:40 a.m., if your registration is not on hand, go to the Race Day Registration line to get your number.

Pre-registration/Registration lines will be open at 6:45 a.m.

Remember, no fees, plenty of age groups, and six (6) distances.

Softball Schedule

March 13	
p.m.	
6:30	NAVSCIATTS vs IANTN
7:30	Fuel vs U.S. Embassy
8:30	SCN vs SBU-26
March 14	
6:30	Su Pizza vs IANTN
7:30	SCN vs Coca Cola
8:30	NAVSCIATTS vs Chadwick Travel
March 15	
6:30	Fuel vs Su Pizza
7:30	Chadwick Travel vs Coca Cola
8:30	Amador vs Marine Barracks
March 16	
6:30	Fuel vs IANTN
7:30	NAVSCIATTS vs U.S. Embassy
8:30	SBU-26 vs Amador



SOLDIER OF THE WEEK — First Lt. Marc Zimmerman (left) and Staff Sgt. Gary D. Lueth of the 463rd Military Police (MP) Company, 716th MP Battalion, finish side-by-side in Saturday's STRAC competition. Zimmerman placed first in pushups with 140, first in situps with 168, and tied Lueth for second place with a 34:06 five-mile run to become this week's top STRAC soldier. (U.S. Army photo by Spec. Bob Blocher)

Sports On SCN-TV

Saturday

1:30 p.m. College Basketball - The Big East Semi-Finals, Teams TBA.

3:30 p.m. The Road To The Final Four - A program detailing the events and team standings leading to the final four.

4:00 p.m. College Basketball - Indiana at Iowa or Illinois at Michigan.

6 p.m. Wrestlemania IV - The final installment of wrestling's yearly big event.

Sunday

1 p.m. College Basketball - Conference Championships, Teams TBA.

3 p.m. Fiji Invitational Surfing Championship - Peter Townsend and Mike Chamberlain host the events at the OP Fiji Invitational as world class surfers take to the waves off the coast of Fiji.

4:00 p.m. College Basketball - Big 10 or PAC 10 Championships, Teams TBA.

Tide Schedule

PACIFIC TIDES		ATLANTIC TIDES	
time	feet	Time	feet
Saturday		Saturday	
12:06 a.m.	-2.5	3:45 a.m.	1.1
6:20 a.m.	16.7	11:11 a.m.	-0.3
12:25 p.m.	-1.7	4:54 p.m.	0.3
6:41 p.m.	17.3	9:24 p.m.	0.0
Sunday		Sunday	
12:52 a.m.	-1.7	4:37 a.m.	1.2
7:08 a.m.	15.9	12:07 p.m.	-0.4
1:13 p.m.	-0.5	5:57 p.m.	0.3
7:26 p.m.	16.3	10:17 p.m.	0.0
Monday		Monday	
1:42 a.m.	-0.6	5:27 a.m.	1.2
7:57 a.m.	14.7	1:02 p.m.	-0.4
2:03 p.m.	0.9	6:54 p.m.	0.2
8:17 p.m.	14.9	11:09 p.m.	0.0
Tuesday		Tuesday	
2:38 a.m.	0.8	6:17 a.m.	1.3
8:51 a.m.	13.4	1:51 p.m.	-0.4
3:02 p.m.	2.3	7:43 p.m.	0.2
9:14 p.m.	13.5	11:54 p.m.	0.0
Wednesday		Wednesday	
3:39 a.m.	2.0	7:05 a.m.	1.2
10 a.m.	12.2	2:40 p.m.	-0.4
4:10 p.m.	3.4	8:28 p.m.	0.2
10:25 p.m.	12.3	Thursday	
Thursday		12:41 a.m.	0.0
4:48 a.m.	2.9	7:53 a.m.	1.1
11:26 a.m.	11.7	3:28 p.m.	-0.3
5:26 p.m.	4.0	9:17 p.m.	0.2
11:52 p.m.	11.8	Friday	
Friday		1:29 a.m.	0.0
6:03 a.m.	3.3	8:39 a.m.	1.0
12:48 p.m.	11.9	4:14 p.m.	-0.2
6:42 p.m.	4.0	10:03 p.m.	0.3

THE 154TH SIG BN'S CROSSED FLAGS 10K RUN OFFICIAL ENTRY FORM

NAME: _____ MALE: _____ FEMALE: _____

MAILING ADDRESS: _____

CHECK APPROPRIATE AGE GROUP: CHECK APPROPRIATE COURSE:

17 & UNDER

18 - 22

23 - 34

30 - 34

35 - 39

40 - 44

45 - 49

50 & OVER

10K

1/2 MILE

1 MILE

2 MILE

3 MILE

5 MILE

SEND ENTRIES (NO FEES) MPS TO: V. RAMIREZ, PSC BOX 1334, APO MIAMI 34004

SIGNATURE OF RUNNER: _____

SIGNATURE OF GUARDIAN (IF UNDER 18 YEARS OF AGE): _____

CROSSED FLAGS 10K T-SHIRTS MAY BE PURCHASED FOR \$5.00 EACH AT THE START/FINISH LINE.

(FOR AND IN CONSIDERATION OF BEING PERMITTED TO PARTICIPATE IN THE 154TH SIG BN'S CROSSED FLAGS 10K RUN, I HEREBY RELEASE AND DISCHARGE THE UNITED STATES, ITS AGENTS, SERVANTS, OR EMPLOYEES FROM ANY AND ALL CLAIMS FOR PERSONNEL INJURY RESULTING FROM OR DURING THE ABOVE RACE.)

CRD Fishing Tournament

A bass fishing tournament will be held March 11 at the Gamboa area. There are awards for the biggest bass and biggest 10-stringer. Register at the CRD Outdoor Recreation Center office in building 154, Fort Clayton. For information call 287-3363.

CSU place kicker drops dead during workout

FORT COLLINS, Colo. (AP) -- An autopsy has been scheduled to determine the cause of death of Colorado State University's second-string place-kicker.

Mark Andrew Tyler, 20, a sophomore from Woodburn, Ore., collapsed during a workout Tuesday afternoon and died shortly afterward at Poudre Valley Hospital.

Officials said the cause of death apparently was cardiac arrest, but an autopsy was to be performed today to confirm that.

Tyler was participating in an indoor agility drill when he collapsed at 2:50 p.m., officials said.

Trainers and staff members tried to resuscitate him, and paramedics were called and used "aggressive procedures to try to start his heart and breathing again," hospital spokesman Mike Vogl said.

He was pronounced dead at the hospital at 3:38 p.m.

Assistant coach Tom Richardson said Tyler had normal blood pressure and a low body-fat percentage and had been physically cleared to participate in athletic training.

This was the fourth week of intense physical training for the Ram Football team in its spring conditioning, and the coach said Tyler had experienced no problem with any of the previous workouts.

Tyler was running backward during a drill called "The County Fair" when he collapsed.

CSU head coach Earle Bruce has used the intense training program since the early 1970s. "It's not something new," Bruce said. "It's a way to condition the legs and the body. I can't explain what happened."

Bruce said he never saw a sign of trouble with Tyler keeping up with the rest of the team.

The death "marks a tragic day in Colorado State football history," said Bruce. "CSU has lost a fine student-athlete and an outstanding person who anyone would be proud to call their son."

"We are greatly saddened by the loss of Mark Tyler," CSU athletic director Oval Jaynes said. "Words will never be able to convey our sympathy and concern for Mark and his family. His warm and enthusiastic presence in our program can never be replaced."

Tyler was the second-leading scorer on the team in 1987. He had 51 points on 10-of-19 field goals and 21-of-28 extra points. His longest field goal that season was a 51-yarder against Air Force.

He lost his starting job to freshman Mike Brown last season.

Bruce said Tyler was working hard to win back his starting job. "When I had my meeting with him when I first came here," Bruce said, "Mark said he was looking forward to the opportunity to compete for that position again."

Tyler was a resident of Corbett Hall and majored in mathematics. He was named to the all-academic Western Athletic Conference football team last season. A graduate of Woodburn High School in 1986, he redshirted his first season at CSU.

Tyler, the son of Marvin and Sandra Tyler of Woodburn, was born July 7, 1968, in Port Angeles, Wash. He also has one brother, Greg, 22.

Holyfield looking for a fight with Tyson

LAS VEGAS, Nev. (UPI) — Evander Holyfield said Wednesday he is ready to fight Mike Tyson now, but he'll wait as long as necessary to get a date with the heavyweight champion.

"Each and every fight will prove my point - I'm the guy for Tyson," Holyfield said at a news conference for Saturday's scheduled 12-round bout against Michael Dokes. "I'd fight him March 11 if I could, but I'm a patient person."

"I don't think Mike Tyson will duck me. I think he'll fight any man who will get into the ring with him. But the people handling him are protecting their fighter. Why put him in all these wars when they can make money the other way?"

In many quarters, Holyfield, 20-0 with 16 knockouts, is considered the only boxer with a decent chance to beat Tyson.

"His people have to feel I could possibly take him out," said Holyfield, who has stopped both James Tillis and Pinklon Thomas since moving up from the cruiserweight division. "Tyson will fight anyone. I really believe that."

Holyfield's handlers are expected

to approach Tyson and the champion's advisers soon after Saturday night's bout for Dokes Continental Americas heavyweight crown.

"People think Evander is crazy for taking this fight, but he took it because he wants to prove he's the best challenger for Mike Tyson," said Dan Duva, Holyfield's promoter. "That's the way it should be. I'm disgusted that Mike Tyson wants to fight Jose Ribalta next. Jose Ribalta is a bum."

Dokes, out of the ring for nearly three years because of cocaine addiction, has won eight consecutive times since launching a comeback 15 months ago.

"I know, I feel, I believe I'll be the victor," said Dokes, 37-1-2 with 23 KOs. "I feel what can happen in the ring March 11 could be no worse than what it's been like in 10 weeks of training. The fight is a minor step."

Marty Cohen, back as Dokes' trainer after a lengthy dispute between the two, said the fighter is a winner regardless of the outcome.

Michael Dokes is a story in itself," said Cohen, who claims to be 91 years old and in the sport for seven

decades. "If ever a human being proved that you could come up from the depths of hell, from as low and as down as anyone could be, this is what it is all about."

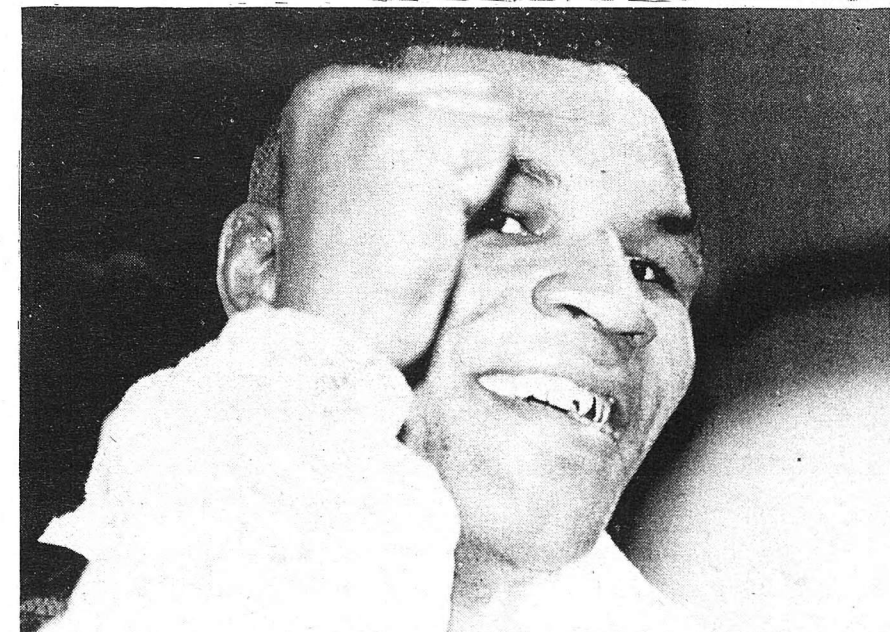
"Win, lose or draw, he's going to be a champion. You're going to see one of the greatest things we'll ever see - courage."

Holyfield, a 6-1 favorite, said he will weigh 207 or 208 pounds. Dokes, who was at 245 for his first fight back, weighed 223 Wednesday.

Meldrick Taylor was supposed to

defend his International Boxing Federation junior welterweight title against Jong-Jong Pacquing, the No. 1 contender, but the bout was postponed late Wednesday when Taylor learned he has torn left knee ligaments.

Taylor was injured earlier in the day while skipping rope. A hospital visit following the news conference revealed the tear. Taylor was to have an arthroscopic procedure performed at a time and place to be determined.



World Heavyweight Champion Mike Tyson. (AP Laserphoto)

Tyson's managers fighting over anti-trust violations

NEW YORK (UPI) — Bill Cayton, World Heavyweight Champion Mike Tyson's estranged manager, has sued boxing promoter Don King in Federal Court, alleging anti-trust violations, racketeering and fraud.

"We are asking the court for damages and to enjoin King from unlawfully interfering any more with Tyson," said Thomas Puccio, Cayton's lawyer. "We are also seeking a declaratory judgment of our rights."

The lawsuit, filed Tuesday in U.S. District Court in Manhattan, seeks to prohibit King from performing a variety of managerial duties for Tyson, including entering into contracts with the heavyweight champion.

If successful, Cayton's suit could cost the flamboyant promoter millions of dollars.

Tyson has sued to break his boxer-manager contract with Cayton, which runs through 1992, saying he wishes to be represented by King.

Cayton responded on Feb. 27, asking the New York State Athletic Commission to order King to stop tampering with Tyson.

Cayton's suit alleges that King engaged in a pattern of racketeering that permitted him to gain a monopoly over all heavyweight championship bouts. It also alleges that King's desire to gain control over heavyweight fights led him to pursue Tyson and convince the young fighter to fire Cayton.

"King maintains this monopoly by, among other things, signing champions to long-term exclusive promotional contracts," Cayton's legal papers said. "Potential contenders are in turn told that to fight King fighters in championship fights, they must sign with King themselves."

Cayton's lawsuit also contends that King engaged in "repeated acts of mail and wire fraud" to control the heavyweight division as well as signing fighters in other weight classes.

NHL Standings

WALE CONFERENCE							
Patrick Division							
	W	L	T	Pts	GF	GA	
NY Rangers	34	26	8	76	272	251	
Washington	32	26	10	74	244	221	
Pittsburgh	33	27	7	73	294	281	
Philadelphia	31	31	5	67	254	234	
New Jersey	24	33	12	60	246	283	
NY Islanders	22	41	4	48	223	279	
Adams Division							
xMontreal	46	16	7	99	269	193	
Boston	31	24	12	74	238	209	
Buffalo	31	31	6	68	251	267	
Hartford	31	32	4	66	249	243	
Quebec	24	39	6	54	237	300	
CAMPBELL CONFERENCE							
Morris Division							
	W	L	T	Pts	GF	GA	
Detroit	30	27	11	71	272	270	
St. Louis	24	32	11	59	235	248	
Chicago	23	33	12	58	261	283	
Minnesota	22	31	14	58	219	248	
Toronto	23	39	6	52	211	282	
Smythe Division							
xCalgary	45	15	8	98	293	193	
Edmonton	35	28	7	77	291	264	
Los Angeles	35	27	6	76	333	293	
Vancouver	29	33	7	65	217	216	
Winnipeg	21	35	11	53	251	302	
x-clinched playoff berth							

NBA Standings

EASTERN CONFERENCE				
Atlantic Division				
	W	L	Pct.	GB
New York	40	19	.678	-
Philadelphia	32	27	.542	8
Boston	29	30	.492	11
Washington	26	32	.448	13 1/2
New Jersey	23	37	.383	17 1/2
Charlotte	15	44	.254	25
Central Division				
Cleveland	44	14	.759	-
Detroit	41	16	.719	2 1/2
Milwaukee	37	19	.661	6
Atlanta	36	24	.600	9
Chicago	34	24	.586	10
Indiana	16	42	.276	28
WESTERN CONFERENCE				
Midwest Division				
	W	L	Pct.	GB
Utah	37	23	.617	-
Houston	32	26	.552	4
Dallas	31	27	.534	5
Denver	32	28	.533	5
San Antonio	14	44	.241	22
Miami	8	50	.138	28
Pacific Division				
LA Lakers	41	18	.695	-
Phoenix	37	21	.638	3 1/2
Seattle	36	22	.621	4 1/2
Golden State	33	24	.579	7
Portland	30	28	.517	10 1/2
Sacramento	16	43	.271	25
LA Clippers	11	49	.183	30 1/2

Cox blows steam by shoving video cameraman

ST. LOUIS (AP) — Cardinals pitcher Danny Cox apparently vented frustration over an injury that may jeopardize his career by grabbing a television cameraman by the throat and shoving him backward over a chair in one of two incidents at Lambert Airport.

KSDK-TV cameraman Frank Scalise said Cox called to apologize hours after the incident Wednesday morning. But on Cox's return flight to the team's spring training site in St. Petersburg, Fla., about 10 hours later he brushed off an interview request from another television reporter.

"He turned me down because he said 'I'm more important than you,'" said Greg Gizinski of KTVI-TV. "He was being a total jerk."

The right-hander was in St. Louis to have his injured elbow examined

by team physician Dr. Stan London, who disclosed that Cox possibly has damage to the medial collateral ligament. Cox, who had surgery to remove bone chips last May and was limited to 13 starts and a 3-8 record last season, is to meet Saturday with Dr. Frank Jobe, the Los Angeles Dodgers' team physician.

Cardinals general manager Dal Maxvill sided with Cox in the incident with Scalise.

"They should have had the courtesy to know that he didn't want to say anything," Maxvill said. "But they continued, in no uncertain terms, and that's a sure way to provoke a guy a little bit."

Scalise said he admired Cox as a ballplayer and would not press charges, but added that the pitcher was "way out of line."

Scalise said that Cox had told him

during their telephone conversation that he was extremely frustrated, not knowing what his future holds."

Scalise, 42, an 18-year veteran as a news cameraman, was assigned to meet Cox at the airport about 8:30 a.m. Wednesday to tape an interview that was to have been conducted by a KSDK sports reporter.

Videotape taken by a television cameraman from KMOV shows Cox walked up the airport concourse, suddenly veered to his left and assaulted Scalise.

Cox is 6-foot-4 and weighs 220 pounds. Scalise is 6-1 and also weighs about 220 pounds.

"I'm not a small guy," Scalise said. "I didn't feel threatened by him. It happened too quick."

Scalise said he had a sore shoulder from trying to keep his camera from hitting the floor when he fell over the

chair and scratches on his throat where Cox grabbed him.

Team spokesman Kip Ingle also said Cox was sorry for the incident and wants Scalise and his family to be his guest at a Cardinals game.

"Danny is deeply sorry that the incident occurred," Ingle said. "He called (Scalise) this afternoon, and Danny had a chance to express his regrets over the situation. He has been under extreme distress over his injury, and apologizes."

**Classified ads
deadline now is
9 a.m. Mondays**

Measles outbreak causes first unattended tournament

HARTFORD, Conn. (AP) — Organizers of the ECAC North Atlantic Conference tournament juggled schedules and canceled events to cut costs after a measles outbreak led to a ban on spectators, but the event still could lose as much as \$50,000.

"If I was to put ink to paper right now, I'd estimate those losses are going to be \$30,000 to \$50,000," University of Hartford Athletic Director Don Cook said Wednesday.

"A lot of that depends on the degree of activity we have," including the number of fans who donate the cost of their unused tournament tickets, he said.

A Hartford basketball player's case of measles and an outbreak of the highly contagious disease on the

campus of Siena College, another NAC member, prompted the spectator ban.

The tournament was condensed, too, from five days to three days, Thursday through Saturday.

University of Hartford officials believe Nate Gainey, a sophomore guard, contracted measles on Feb. 4, when Hartford played Siena where 36 cases of the disease have been reported.

The measles outbreak has also meant that several other NAC games had to be closed to spectators and some were canceled, resulting in a substantial loss of revenue for the schools, NAC Commissioner Stu Haskell said Wednesday.

"There've been quite a number of games played already where fans

were prohibited from attending," he said. "I know of five or six contests that would have probably had three to four thousand tickets sold. ... The losses would be fairly substantial."

Despite the loss of revenue, Haskell said the league wanted to keep the tournament in Hartford.

"People at the University of Hartford and the Civic Center, the two staffs, have really worked very hard on the tournament," Haskell said Wednesday. "We felt it wouldn't be right to tell them their work went for naught."

Hartford, as host, is fronting the money for the tournament. Any losses incurred will be reimbursed from proceeds the winning team receives from the NCAA. The winner receives an automatic bid to the NCAA tournament worth just more

than \$250,000 this year, Cook said.

The first priority in distributing the \$250,000 is administrative, including a stipend to the ECAC, league office expenses and tournament expenses. The winning team gets 50 percent of the balance, and the remaining 50 percent is shared by the other nine member schools.

Cook said organizers would have a more firm estimate on losses once they know how many of Hartford's 2,000 season ticket-holders ask for refunds on their \$18 tournament tickets.

"We've had people who have donated their tickets or their money," he said. "We've had others that ask for refunds."

Saturday's championship game is to be carried by ESPN.

Oklahoma starter suspended for drunken arrest

NORMAN, Okla. (AP) — Mookie Blaylock, an All-Big Eight guard who started every game for Oklahoma this year, has been suspended from the Sooners' conference tournament opener Friday for his weekend arrest.

Blaylock pleaded no contest Wednesday to an amended charge of disturbing the peace. He was arrested Sunday on a complaint of public intoxication after Norman police answered a call from a convenience store clerk about an argument.

"This type of conduct will not be condoned," interim president David Swank and Athletic Director Donnie Duncan said in a joint statement.

The second-ranked Sooners, 26-4, play Colorado on Friday in Kansas City, Mo. in the opening round of the Big Eight Conference tournament.

"Mookie Blaylock is a good person and I am proud that he has been at the University of Oklahoma," Coach Billy Tubbs said in a statement released by the sports information department. "He is still a member of our basketball family and, even though everyone concerned has learned a valuable lesson, we support him fully."

The Sooners, who won the Big Eight regular-season title, defeated Colorado this year 122-86 and 106-88.

"We're going to be ready to play, but this is gonna make our task tougher," Tubbs said. "Our players will try to take up the slack. I thought it was gonna be a tough game, anyway."

Norman police has said Blaylock

could have avoided the arrest had the argument between Blaylock and a female companion not rekindled outside the store.

"You shouldn't have put yourself in this position," Municipal Judge Ted Roberts told Blaylock. "I don't know what happened out there but right or wrong you should comply with the officers. They've got the hammer."

Roberts imposed a six-month deferred sentence for Blaylock and ordered him to pay a \$50 administrative fee and \$19 in court costs, which he paid immediately after the court appearance.

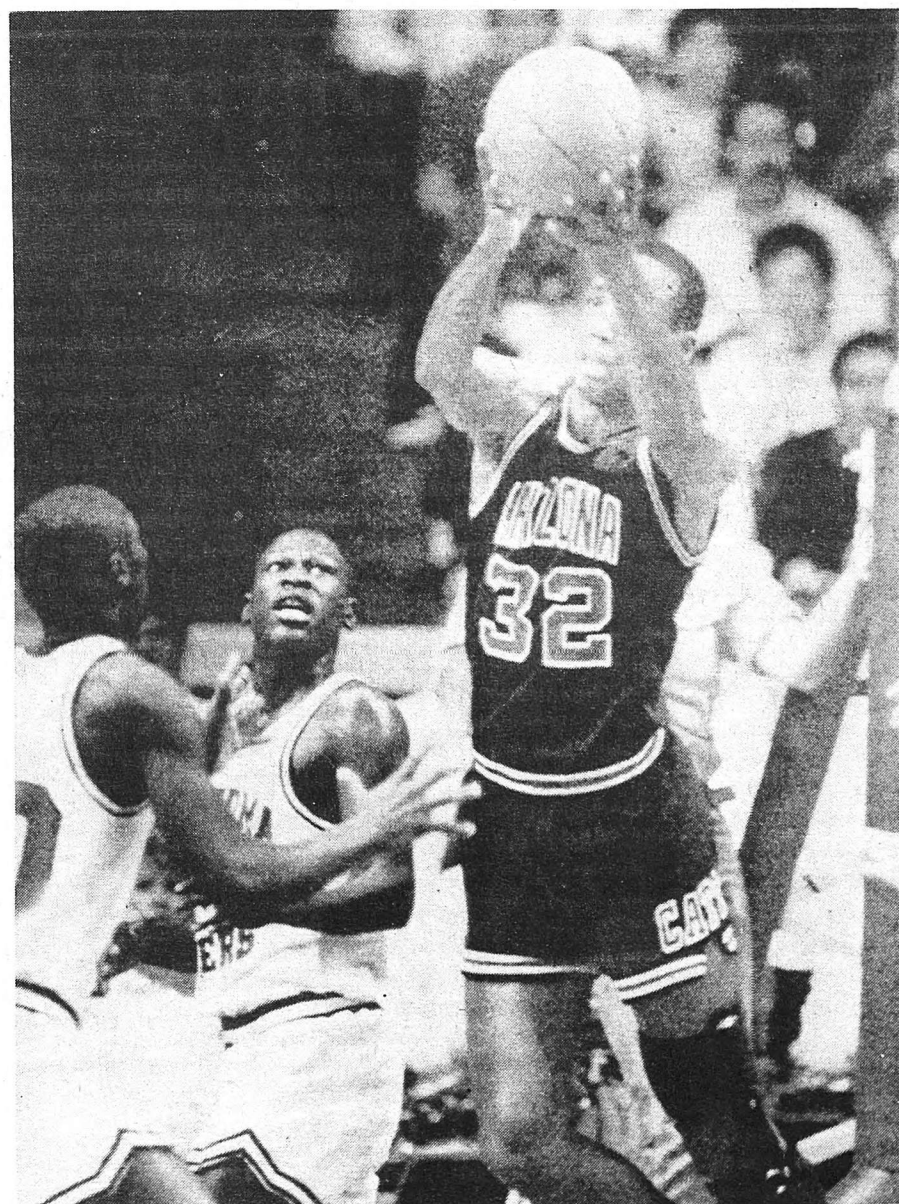
Attorney J.W. Coyle, who represented Blaylock, said the deferred sentence "in essence, means that in six months the charge against him will be dismissed."

Under a deferred sentence, the charge can be wiped off Blaylock's record if he is not convicted of any other violations within the next six months.

"Normally, the court does defer on a first offense," Roberts said. "But I will warn you, if you don't take advantage of this opportunity I won't hesitate to accelerate sentencing and you'll do some jail time. I give you one shot. I hope you take the opportunity to clear your record."

The maximum penalty for disturbing the peace is a \$200 fine and 30 days in jail.

Coyle said Blaylock decided to enter the no contest plea to avoid the spectacle of a trial and to allow him to concentrate on the post-season tournaments.



Mookie Blaylock, center, has been suspended from one game. (AP Laserphoto)

Audio-visual

Panasonic portable color remote control TV. \$300, VCR Hitachi. \$300. Call 264-9467.

Like new Kenwood CD w/remote DP860, cass. player. Call 287-3779.

MT205 casio keyboard, set drum pads, a/c ad & drum sticks, less than 1yr old. \$150. call 286-4280.

Spanish guitar, case, music books, books on Bossa Nova, jazz & classic. Call 264-8772.

19in Sony Trinitron, like new. \$325, Bowman 40 chnnl am CB, never used. \$40. Call 286-3375.

25in console Curtis Mathis TV. \$500, 7pc stereo inc. spkrs. \$600. Call 284-4781.

IBM 5 1/4 original diskettes, games. Call 282-3984.

9in color TV. \$75, 13in TV. \$100, Sony betamax. \$200, Sharp radio record & cass. player. \$75. Call 252-6435.

Automobiles

1979 Chevrolet Nova, 2 dr, dependable, runs good. Call 284-5571.

1980 Ford Granada, std, a/c, 4 dr. \$2875. Call 286-3237.

1984 Chrysler Laser, avail. April 7. \$4500. Call 287-3123.

1981 T-Bird, good cond., runs good, lw mlge. \$2000/OBO. Call 260-1087 aft 7pm.

1987 2 dr SR Corolla, 5spd, a/c, 89 inspcd. \$6450, 1980 & 1973 Cadillac Limo. \$18,000/\$2000. Call 268-1096.

1982 Dadge Aries, 4 drs, 4 cyl, auto, am-fm, runs good. \$3500. Call 252-2934.

1 ton truck, good cond. Neg. Call 224-4977.

1983 Oldsmobile, Cutlass Supreme, exc. cond., am-fm cass. stereo, a/c, pwr windows/locks. \$5500. Call 252-5119.

1978 Buick Estate Wagon, auto, ps, pb, a/c, am-fm radio. \$1300. Call 287-6235.

1974 BMW series 1602. \$1500. Neg. Call 220-2482.

1978 Monte Carlo, 307 eng., auto, ps, pb, dependable transprtation. \$2500/OBO. Call 260-1876.

1929 Mercedes Gazelle Replicar, VW eng., conv., as is, needs minor work. \$2000/neg. Call 283-3683.

1980 Datsun 210, 2 dr, 4spd, runs good. \$1200. Call 252-6393.

1982 grey SAAB, a/c, ps, pb, pw-wndws, pm-mirrors, am-fm stereo cass., 5spd, sunroof. Call 287-3638.

1983 Pontiac, hatchback, lw mlge, a/c, am-fm, new tires, good cond. \$3000/OBO. Call 287-5683.

1986 2 dr Montero, diesel. \$11,000, 1985 Dodge Caravan, lw mlge, exc. cond. Call 252-6116.

1983 Mazda 626 GLX, ps, a/c, elec. doors/wndws, xtras, 89 inspcd. \$3600. Call 264-6230.

1989 Pioneer Jeep, 4 cyl, 5spd, 2 dr, fully loaded, brand new. \$19,000. Call 252-2894.

1953 M38A1 Jeep, completely rebuilt, xtar parts. \$3000. Call 286-4499.

1987 Hyundai Stellar, exc. shape. Call 252-6016.

1981 Chevy C10 P'Up, canopy, new tires, 3 spd, runs strong. \$2850. Call 287-4432.

1986 Nissan 4x4 Deluxe Cab. P'Up Truck, dty not pd. \$7200/OBO. Call 252-1666.

1985 Nissan Patrol, 4 dr, sport pkg, 4 whl drv, 5spd, a/c, ps, etc. \$11,700. Call 252-2870.

1976 Porsche 912E, rare, nice, US specs. \$11,800/trade for non-US spec diesel 4x4. Call 232-4985.

1986 Nissan Blue Bird, a/c, auto, am-fm, 89 inspcd, not dty pd. \$5000. Call 260-6822.

1985 Mitsubishi Lancer, 4 dr, a/c, radio, dty not pd. \$3300. Call 252-2663.

1985 Chev. Impala, 4 dr, 89 inspcd, a/c, pb, ps. \$5500. Call 282-3984.

1980 VW Bug. \$1600/OBO. Call 287-6704.

1983 Camaro Berlinetta, V6, a/c, ps, pb, very good cond. \$4750. Call 228-3896.

1988 Toyota Corrolla Coupe, 5spd, a/c, am-fm radio, exc. cond. \$10,000/OBO. Call 264-0158.

1978 BMW 728i, a/c, am-fm stereo cass., must sell. \$4500. Call 286-4594.

1981 Buick Le Sabre, 6 cyl, 4 drs, dty pd, 89 inspcd, a/c, ps, pwr wndws-tntd, exc. cond. \$2700/neg. Call 224-7689.

1985 Toyota Supra, silver interior/ext. \$15,000. Call 264-9467.

1977 VW diesel Rabbit, lw mlge, 89 inspcd, many spare parts. \$1000/OBO. Call 284-6632.

1980 Dodge Wagon, a/c, new tires, must sell. \$2500. Call 234-4786.

1980 Datsun 280ZX, lw mlge, exc. cond. \$5000. Call 286-3480.

1979 Ford Mustang, a/c, ps, pb, 6 cyl, auto, new tires, exc. cond. \$3000. Call 287-3595.

1979 Plymouth SW, good cond., 89 inspcd, new tires/battrry, a/c, radio. \$1500/neg. Call 285-4661.

1983 Lada, 4spd, a/c, am-fm stereo, great transportation. \$1800. Call 223-0193 aft 6pm.

1973 Ford LTD, 351 eng., needs work, all other parts good, 2 new tires. \$300. Call 284-4185.

1972 VW Van, great shape, has carb, no fuel injection, 7 pass., can carry 2 boats. \$1600. Call 284-5978.

1983 Eagle SX-4, 6 cyl, 4-whl-drv, gold w/blck trim, tan interior, beautiful cond. \$5200. Call 241-6097.

1976 Volkswagon Rabbit, sunroof, needs work. \$100/or will sell for parts. Call 287-4775.

1979 Dodge Van, exc. cond., 89 inspcd, ps, pb, a/c, \$2300. Call 284-3527.

1974 Pontiac Le Mans, 4 dr, 89 inspcd. \$700. Call 252-2343.

1985 Bronco II, blue/silver, exc. cond., many xtras. Neg. Call 284-6170.

1975 Plymouth Valiant V6 225, ps, pb, am-fm stereo, 89 inspcd; exc. cond. \$900. Call 226-2365.

Automobiles

1987 Toyota Landcruiser II, diesel, ps, pb, a/c, chrome wheels, not dty pd. \$12,000. Call 243-5359.

Available

Mature Spanish spkng live-in, M-F, child care, exc. cond. Call 252-2330.

Live in maid, exc. house cleaner, good w/children, speaks good English. Call 286-3197.

Honest, responsible, English spkng, live in maid w/keys, good w/kids. Call 287-5633.

Mature English spkng maid, live-in/out, 5 dys, recent ref. Call 256-6707.

Maid services daily, gen. hse cleaning, ironing. Call 252-6910.

Live in maid, speak English, good w/kids, M-F, ref. Call 284-4383.

Honest, dependable, English spkng maid, avail weekend only. Call 286-6292.

Day maid, bilingual, M-F, honest, reliable, hsework, care for kids, dependable. Call 224-6863.

Good live-in maid, prefers Howard/Kobbe, avail. April 3. Call 284-3027.

Reliable, responsible teenager, Spanish spkng hse cleaning or babysitting, after school hrs/weekends. Call 286-6470.

Exc. hsekeeper, honest, dependable, bilingual, great w/kids, avail. Wed & Sat, refs. Call 283-3480.

Bilingual live-in or day maid, presently employed as live-in, talk to employer. Call 284-4639.

Good maid, live-in/ or a day a week, good w/kids. Call 284-5124.

Reliable, honest, hard-working maid, child care, hsework, refs, M-F. Call 264-4101 aft 6pm.

English spkng, full time maid, live-in/out. Call 284-6423 8am-3pm M-F.

Daymaid/hsesitter, exc. refs, bilingual, avail. M, Tues, Thr, F, Sat., honest, dependable. Call 284-5075.

Bilingual, honest, dependable day maid, 3dys a week, refs. Call 247-7686.

Honest, reliable, hard worker, good w/kids, live-in maid. Call 220-6510.

Boats & Campers

17ft deep V-Hull Bass Tracker fishing boat motor & trailer, fully equippd, many xtras. Call 286-4920 aft 6pm.

20ft O'Day Daysailor sailboat, new interior, xtra sails, great for beginner. \$3000/OBO. Call 287-6123.

1978 Mercury outboard 150hp, all new parts overhaul, 6 cyl, new propeller. \$2200/OBO. Call 225-9804.

19f Deep V 135hp Evinrude/Johnson w/trailer, xtras. \$4000/OBO. Call 286-6499.

Sailboat 27f Hunter, sleeps 5, diesel eng. \$18,500. Call 252-6825.

15 1/2 tri-Hull, 70hp Evinrude, Galvanized trailer, power trim/tilt. \$2800. Call 287-5889.

15f V-Hull boat w/25hp motor, trailer, much more. \$1500. Call 289-6237.

40hp Yamaha O.B., runs strong, first \$1300 takes it. Call 287-5972.

New Cayuco Battleship, bow, stern preshaped. \$150. Call 262-1001.

16f tri-Hull, 80hp Mercury, new seats/rugs, xtras. \$3200. Call 260-5457.

Household

Carpet-12x 23f 6in. w/pad. \$250, tble, 4 chrs. \$200, carpets: blue, brown. Call 284-4781.

Furniture: Ethan Allen bdrm, patio, lamps, semi-sheer drpes, desk, paintings, silver srving pcs. Call 286-4920.

Kitchen tble w/4 chrs., blue crshed velvet swivel rocker, recliner, 2 brass base lamps. Call 264-8719 bet 6-8pm.

Country Blue: checked sofa/loveseat, like new. \$650, Burlington rugs-12x9.\$80, 6x6. \$25. Call 287-6174.

Dining tble w/6 ladder back chrs in country blue. \$500, solid oak wood desk, good cond. \$165. Call 286-3877.

Gold sofa. \$200, loveseat. \$125, beige carpet, 12x15. \$150. Call 282-3985.

Recliner. \$50. Call 224-4977.

Matched coffee/end tbls, exc. cond. \$445. Call 286-4888.

88in. metal closet hangar pole. \$10. Call 263-5316.

Wht drssr-7 drwrs. \$150, boys' twin bed. \$150, 2 nite tbls. \$30 ea, headboard. \$25. Call 252-2276.

Rust colored sofa & chr w/coffee tble, 2 end tbls. \$100. Call 287-5774.

Formal dining rm set, tble-6 chrs, china cab. w/inside lght. \$900. Call 264-5716 bet 6-8pm.

Bunk bed w/mtrsses. \$400. Call 230-1881.

Pullman sleeper couch, 7ft scroll pattern, contemporary styled, 3 pillow section. \$725. Call 287-3323.

5cf chest freezer-Kenmore. \$300. Call 284-4321.

Beautiful Early American bdrm, dining furniture, Whirlpool wshr, perfect cond. Call 264-0842.

12x15f med. blue carpet. \$75. Call 252-5503.

Refrig., apartment sz, almost new, perfect cond. \$175. Call 286-4837.

Whirlpool 15cf refrig., works good, 4yr old. \$375. Call 262-2701.

Wshr/dryr. \$550, dbl bed. \$50, walnut executive desk. \$150, bunkbed. \$50. Call 284-4788.

Beautiful L shaped sofa. \$800, wall to wall carpet, 14x25. \$275, Broyhill triple drssr/nite stand. Call 262-0185.

Bdrm set, king sz. \$500, dining set, glass & chrome. \$250. Call 287-6886.

Dark colonial cocktail & end tble set. \$475, Maruin Velour wing back chr. \$300. Call 284-3296.

Household

Sleeper couch, chr, ottoman, Whirlpool dshwshr, wshr/dryr, refrig./freezer, recliner chr, microwave. Call 252-6435.

5pc bdrm set. \$200, 52in. ceiling fan w/lght. \$30, 2 hanging shell lamps. \$25 ea. Call 286-3841.

Heavy, dark wood buffet, 3 drwrs, 2 side storage area. \$325/OBO. Call 287-4517.

Queen sz mtrrss, bxsprng. \$200. Call 252-1218.

3 folding card tbls with/or with out chrs. Call 263-8305.

New Italian queen sz bed w/bedspring only. \$450. Call 284-3998.

Brass & glass dining set, 4 chrs. \$350, beige Berkline sofabed. \$700. Call 284-3737.

Whirlpool dryer, top of the line, exc. cond. \$125/OBO. Call 262-2235.

Rattan bed, king sz, sidewalk chr-wht, rattan lamp. Call 261-5795.

8pc modern diningrm set. \$480, chst freezer. \$280, queen bed. \$125. Call 246-4590.

2 ceiling hanging lamps for lvng/diningrm. \$100/both. Call 261-3353.

6pc dining rm-set, china cab. \$1700. Call 286-3619.

Lost

Black Coral necklace at Reeder Gym, ladies room on Feb 17. Reward. Call 262-1001.

In Cocoli, female Pit Bull pup, cinnamon color, black colar, name-Catalina. Reward. Call 252-6840.

Wht/tan female 3/4 Pekinese pup. Reward. Call 284-4333.

Miscellaneous

Outdoor swing set, must sell. \$90. Call 223-4786.

Dental clinic & laboratory instruments, Spanish dentistry books, white uniforms sz 10. \$50. Call 286-4282.

Black vinyl padded bar w/four stools, good cond. \$200. call 252-5111.

Kenmore a/c 18,000btu. \$100, lrg bookcase w/corner unit. \$35, desk. \$30. Call 289-5108 days.

25in Zenith color TV Sys. 3. \$500, 7pc dining rm set, fancy rattan. \$995. Call 284-3227.

Baby crib, oak. \$150. Call 252-5425.

Mobile home. Call 286-3127 eves.

A/c 12,000btu, good cond., must sell. \$175. Call 284-4489 aft 6pm.

White youth bed, 6pc wht wicker set, rust Queen Elizabeth chr, crib & changing tble. Call 284-4296.

King sz waterbed w/headboard, heater, pads, lining. \$400, elect. typewrtr. \$100, bookshlf. \$125. Call 261-1871.

Lvngrm furniture sofabed, lvoeseat, recliner, end tbls, bunkbeds, queen sz bdrm set, plants. Call 284-5076.

Several hsehold items: sofa, dinette, rugs, stereo cabinet. Call 284-5978.

Chevy 6 cyl overhaul kit. BO, rear window for Toyota Hi-Ace. \$100/OBO. Call 262-2235.

70gal. saltwater aquarium, complete w/all necessities, accs, and pets. \$350. Call 246-4590.

GE dishwasher, runs good, new pump. \$100, Whirlpool dehumidifier, sledom used. \$75. Call 241-6097.

Treasure detector, Garret Top line ADS-7, top cond. w/accs, battery charger. \$295. call 287-3795.

18,500btu fedders window a/c, good cond. \$150. Call 284-3131.

Rosewood lvngrm suite, rugs, curtains, plants. Neg. Call 252-2321.

Whirlpool a/cs: 18,000. \$295, 10,000. \$175, 19cf Whirlpool refrig. \$200. Call 252-2287.

Couch, loveseat, new twin bed, nice female wedding set. Call 260-4653.

Berkline recliner chr. \$135, 12in rotating fan. \$14, insect killer. Call 232-5258.

Patio set, round glass topped tble, 4 chrs w/cushions, exc. cond. \$250/OBO. Call 269-3482.

3 chst drwrs. \$100, night stand. \$75, DP rowing machine. \$75. Call 282-3985.

GE wshr/dryr, great cond., sell as set, 18K & 6K a/c. \$350. Call 283-3634.

Lvngrm set, queen sofa bed, loveseat, otoman & single chr, misc., xtra cond. \$1900. Call 287-4486.

16cf GE refrig., 2 dr, good cond. \$550/OBO. Call 261-9286.

Lawn mower, 22in., 3.5hp, Briggs & Stratton, exc. cond. \$125. Call 287-6571.

Patio set, large round tble w/4 chrs, 2yrs old. \$150. Call 286-4837.

Motorcycle helmet-Nolan, red/wht, sz-sm., exc. cond., never used, full face shield. \$70. Call 287-5111.

Ladies 26in. 3spd bike. \$45, Men's 26in. 3spd bike. \$45. Call 287-4730.

Whirlpool dshwshr. \$125, fedders 18,500 a/c. \$350, Cement Planter flower pots. \$10. Call 252-6533.

Dining rm tble, 4 chrs, glass top, new. \$450, entertainment center. \$125. Call 287-3595.

Surfboard: 6f 4in tri-fin, exc. cond. \$150. Call 252-6636.

GE auto dryer, in good working cond. \$65. Call 252-2266.

Gucci watch. \$150, stereo. \$200. Call 286-4341.

25in color TV, Zenith. \$525, wedding dress, sm. refrig. \$140. Call 287-3875.

Whirlpool refrig, 17cf. \$275, alum. sliding wndow. \$25, toilets. \$65, sinks. Call 252-2889.

Ademco 330 burglar alarm sys. \$200. Call 286-6378.

6fSpectrum thruster, 6fx6in Kikiboard thruster, good boards. \$200. Call 251-0362.

Blue Max Mongoose, boys bike w/top quality mag wheels, exc. cond. BO. Call 284-5796.

Miscellaneous

Lattie Archway wrought iron chrs & tbls, lrg plants in concrete pots. Call 286-4437.

Dishwasher. \$100, Halicrafte tranceiver. \$150, Heathkit linear 1K. \$200. Call 282-3839.

Sears window a/c 11,000btu. \$250. call 260-7077.

Lvngrm set. \$500, bdrm set for queen mtrrss. \$600, end tbls. \$25 ea, hm md speakers. \$300. Call 286-4622.

Canopy JennyLynn baby bed/mattress. \$350/OBO, 7 1/2f Xmas tree. \$75/OBO, chst-of-drwr. Call 284-3135.

Complete reloading set incl. dyes for 38/357 cal., many xtras, like new. \$200. Call 286-4230.

Nursery furniture-no crib-, girls' bdrm-no bed-, rattan lvngrm, bench chst, desk & chr. Call 286-3381.

8pc lvngrm set, rugs, microwave, waterbed, chst freezer, full sz bed, baby things. Call 284-3278.

7pc lvngrm set, Atari computer, new w/disks, Xmas tree. Call 286-4499.

Fedders 18,000btu a/c. \$250. Call 287-5270.

5,000btu a/c, less than 1yr old, boys bunkbed set, lvngrm curtains, more. Call 287-3732.

Cerezo: We'll ask Noriega to respect vote

WASHINGTON (USA) — Vinicio Cerezo of Guatemala says he and the other Central American presidents plan to ask Gen. Manuel Antonio Noriega and the Panamanian armed forces to abide by the results of the May 7 elections in Panama.

Cerezo told a news conference at the Carnegie Endowment for International Peace here that the five signers of the August, 1987, Central American Peace Accord were "preparing an initiative ... to ask Noriega to respect the will of the people of Panama."

Cerezo who wrapped up an unofficial visit to the United States that included meetings with President Bush, Vice President Dan Quayle, congressional leaders and others, said Nicaragua's Daniel Ortega would join the Central American presidents' initiative.

Ortega has sided with Noriega, who engineered the ouster and replacement of Panamanian President Eric Arturo Delvalle when Delvalle fired him as head of the armed forces. Delvalle acted after two U.S. grand juries indicted Noriega on charges of narcotics trafficking and racketeering.

"We are going to tell Noriega that, please, (for the good of) peace in Central America, you have to accept the will of the people.

"We are going to send a message also to the army in Panama, telling

them that we don't have anything against them and that they should follow the examples (of the military) in Guatemala, El Salvador and other countries and accept the will of the people is they want to avoid a confrontation with them."

Cerezo said he hoped Noriega and

the Panamanian military would respond positively to the initiative. Otherwise, he added, "we will have problems - polarization and confrontation in Panama and problems for all the region."

Panama's political opposition, he added, intended to enlist the help of

other Latin American presidents in an effort to have the May 7 elections opened to observers and other international scrutiny.

Cerezo said that while he was under no illusions about the true character of Nicaragua's Sandinista government, he believed Ortega would comply with the terms of the new agreement reached by the presidents in El Salvador last month because "reality is pushing him."



OVER THE AGES — A young antiquities inspector in a traditional Moslem headscarf brushes clean the face of an ancient Egyptian goddess, one of five statues discovered inside Luxor Temple. The similarity of the woman's features too those of the statue, which is thousands of years old, attests to the agelessness of Egyptian culture. (AP Laserphoto)

Maj. Gen. Bernard Loeffke

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initiating several events, such as the CG's fun runs to target family participation, STRAC, Super STRAC and Team STRAC competition.

Loeffke also made Survival Spanish a requisite for USARSO soldiers, incorporating it into the Army's Common Task Test to increase soldiers' efficiency in the theater.

He also capitalized on the STRAC soldier mystique, honing the acronym "Skilled, tough, ready around the clock" into a USARSO mission clarification: Support SOUTHCOM. Train in the region. Reinforce freedom. Assist friends. Canal defense.

His nearly 32 years of military service have been remarkable in the variety of positions he has held. After graduating from the U.S. Military

Academy in 1957, he was assigned as a platoon leader in the 82nd Airborne Division, Fort Bragg, N.C. He has served three tours in Southeast Asia, including one as a battalion commander.

He has been an Assistant Professor of Russian at West Point.

Loeffke was selected as a White House Fellow and served as a staff assistant in the National Security Council in the White House. He has served two tours in the Pentagon: one as Chief of Strategy and War Plans and the other as an Army planner.

He commanded an infantry brigade at Fort Lewis, Wash. He served as the Army Attache to the U.S. Embassy in Moscow for two years, then as the Army Fellow on the Council of Foreign Relations.

Loeffke spent two and one-half years as the U.S. Defense Attache in

the People's Republic of China, where he became the first foreign paratrooper to jump with a Chinese Communist airborne unit.

He then served as Chief of Staff, XVIII Airborne Corps, Fort Bragg, for two years. Prior to assuming command of USARSO, he served as Special Assistant to the Commander in Chief, U.S. Southern Command.

He speaks Spanish, Portuguese, French, Russian and Chinese. He is a Ranger, Master Parachutist, Pathfinder, skydiver and commercial pilot. His civilian education includes a Master's Degree in Russian and Soviet Area Studies and a doctorate in Political Science.

Loeffke is married to the former Francesca Adler from North Carolina, and they are expecting their first child.

His next assignment is Chairman, Inter-American Defense Board in Washington, D.C.

Brig. Gen. Marc C. Cisneros

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Additionally, he has played a crucial role in the planning and operation of major exercises throughout the theater to include Fuertes Caminos, Abriendo Rutas and Fuerzas Unidas.

In response to the need for a crisis management plan, a deployable joint task force, capable of a self-sustained emergency deployment throughout Latin America, was implemented during his tenure.

During his career, he has held a wide variety of command and staff positions. Prior to receiving his commission he was an enlisted member of the 16th Reconnaissance Battalion, United States Marine Corps Ready Reserve, in San Antonio Texas. He received his commission as a Second Lieutenant

after completing the Reserve Officer's Training Course curriculum at Saint Mary's University, where he was the Cadet Corps Commander.

After airborne training Brig. Gen. Cisneros was assigned to United States Army Europe where he served in company-level command assignments. He then returned to Saint Mary's as Assistant professor of Military Science.

He served two tours in Vietnam, first as Assistant G-3 Advisor in the Capital Military District during TET 1968 and then as District Advisor in Quang NGAI Province.

Cisneros served as Battalion S-3 and Executive Officer at Fort Hood, Texas, where he later commanded the 1st Battalion, 3rd Field Artillery. After attending the United States Army War College he filled a joint assignment as Chief, Operations and

Training, Operations Directorate (J-3), United States Southern Command, Panama.

Other key assignments held recently include Deputy Commanding-General, U.S. Army South, Panama; Deputy G-3 (Operations) Director, Plans and Training, III Corps, Fort Hood, Texas; and Commander, Division Artillery, 2nd Armored Division, Fort Hood, Texas.

Cisneros holds a Master of Science degree in Public Administration from Shippensburg State College. He was recently cited by "Hispanic Business Magazine" as one of the 100 most influential Hispanics in the United States.

He is married to the former Eddy Virginia Durham from Norias King Ranch, Texas. They have three children: Marc Jr., Kara, and Kenric.

Expect delays for hospital appointments

ANCON (MEDDAC) — During the months June through August, 1989, there will be a shortage of physicians caused by regular personnel rotations.

Individuals requesting appointments at the Outpatient Clinic at Gorgas Army Community Hospital and the Fort Clayton and Coco Solo Health Clinics will experience a temporary increase in the waiting time for appointments.

The Emergency Services, however, will not be affected.

The staff at the USA MEDDAC Panama appreciates your patience in dealing with this temporary inconvenience.

If you have any questions or concerns in regard to this matter, please do not hesitate to contact the Patient Representative at 282-5233.

Naval station to close gate 11 p.m. to 5 a.m.

U.S. NAVAL STATION PANAMA CANAL (NAVSTA PAO) — The U.S. Naval Station Panama Canal has announced that beginning March 6, Post 1, the main gate of Rodman, will be closed daily between the hours of 11 p.m. and 5 a.m.

Anyone with a need to enter the base between 11 p.m. and 5 a.m. can do so through Post 3 off Cocoli Highway.

Retirees to be paid next week

FORT CLAYTON (USARSO OPA) — Civil Service retirees residing in the Atlantic and Pacific area communities will be able to cash their annuity checks as follows:

On Friday, March 17, Atlantic community retirees may cash Civil Service Annuity checks between 8 a.m. and noon at the Panama Canal Commission Treasurer's Office, Margarita.

A valid ID card with photograph is required to cash checks.

On Saturday, March 18, Pacific area retirees may cash Civil Service annuity checks between 9 a.m. and 1 p.m. at the Curundu Elementary School, Fort Clayton.

To minimize traffic congestion, the general public is asked to avoid the area in the vicinity of the Fort Clayton and Albrook Air Force Station back gates from 8 a.m. to 1 p.m.