

Cayuco Race

Pages 6-7: The 46th annual Boy Scouts of America Ocean-to-Ocean Cayuco Race took place March 26-28, with more than 20 teams competing in the competitive trophy category. Get the race results on Page 10, and on Page 11, find out why Ted Henter, a Balboa High School graduate and entrepreneur, is an inspiring competitor.

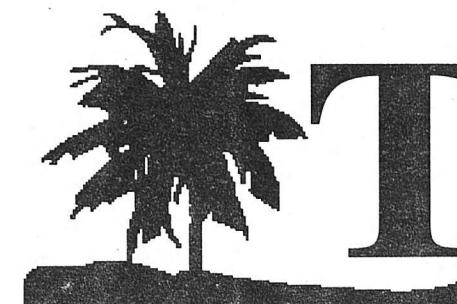
Commissary closures

The DeCA Corozal Commissary and the Howard Commissary will be closed April 2 in observance of Good Friday. Regular operating hours will resume April 3. For more information call 285-5405.



Easter Egg Hunt

A family Easter Egg Hunt is scheduled for 9:30 a.m. Saturday at the Fort Clayton Community Park. There will be special scavenger prize eggs, and the Easter Bunny will be attending. Children are invited to bring their baskets.



Tropic Times

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

Thursday, April 1, 1999

U.S. Treasurer visits Clayton

Purpose of trip
is to promote Savings
Bond program.

Story and photo by
Spc. Kenneth K. Rockett
Tropic Times staff

FORT CLAYTON - U.S. Army South received a special guest March 25 when the Treasurer of the United States visited Fort Clayton to promote the last Savings Bond Campaign in Panama.

The Honorable Mary Ellen Withrow stopped by Fort Clayton and spoke with USARSO Chief of Staff Col. Negrete discussing the importance of military members' participation in the U.S. Savings Bond program.

Withrow, who was sworn in as the 40th Treasurer of the United States in 1994, is responsible for the operations of the U.S. Mint and the Bureau of Engraving and Printing, and in addition is the National Honorary Director of the U.S. Savings Bond program. In that capacity Withrow represents the Treasury Secretary to promote the sale of Savings Bonds.

Withrow said that historically, U.S.

service members have contributed immensely throughout the years to the program, starting in World War II, when Savings Bonds were known as War Bonds and people bought them to help with the war effort.

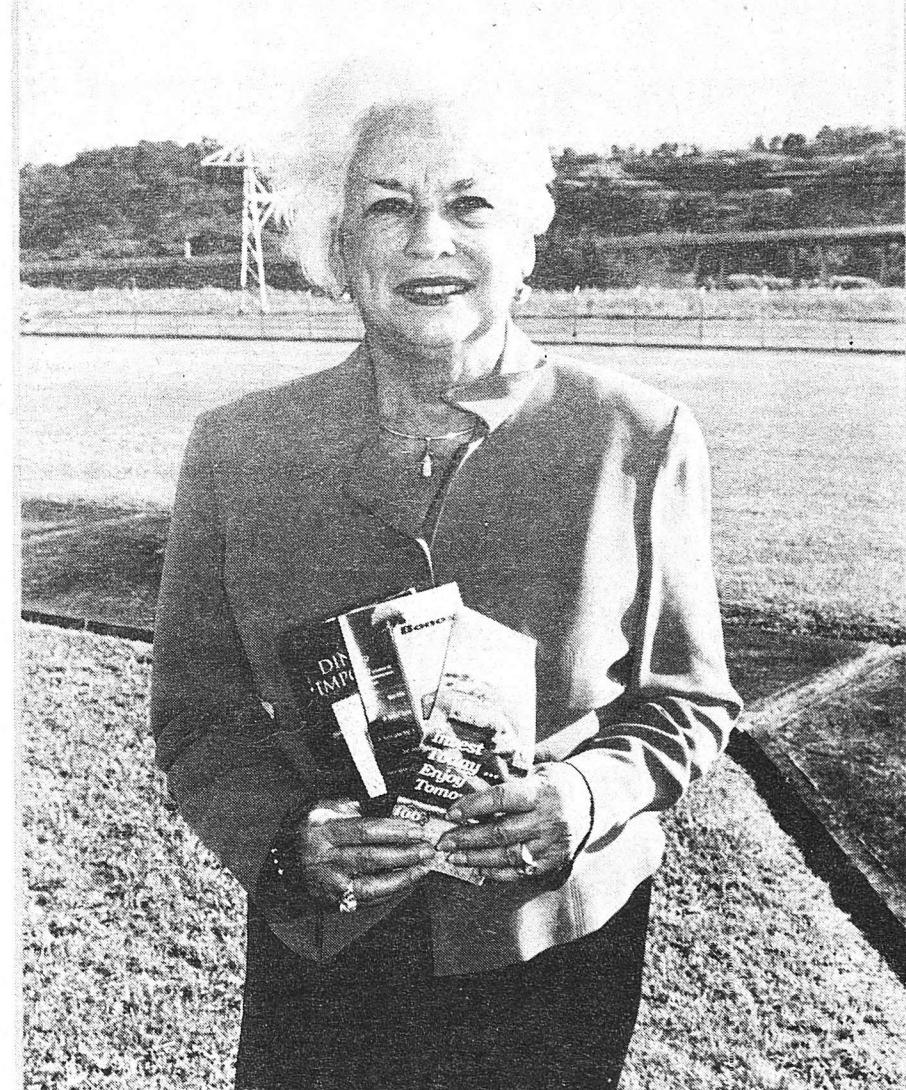
Today the program continues to be popular, as it is a good, sure way to invest money, Withrow said.

"There are a lot of choices out there ... But the thing that is attractive about Savings Bonds is the fact that you don't have to have much money and you know you're going to make money on this no matter what."

Mary Ellen Withrow
Treasurer of the United States

"for a little bit of money you can own a part of the United States."

Withrow said she enjoyed her time in Panama and said that during her years as Treasurer she has had many nice experiences during her visits to military installations. She said she plans on visiting USARSO again after the command moves to Puerto Rico in July.



The Honorable Mary Ellen Withrow stopped by Fort Clayton March 25 to promote the U.S. Savings Bond program. She is the 40th Treasurer of the United States.

Howard to host Heritage Celebration

Story by Tech. Sgt. Rick Burnham
24th Wing Public Affairs Office

HOWARD AFB - Chances are, if Hap Arnold, Charles Howard, or Frank Albrook were here for next week's Heritage Celebration, they'd be impressed.

More than 50 years after the Air Force became a separate service, and more than 80 years after U.S. military aviation first came to the isthmus of Panama, airmen are remembering the courage and sacrifices of their forefathers, and paying tribute to those pioneers of airpower who paved the way for the blue suiters of today.

Those early airmen, such as Arnold, the Air Force's first four-star general; Howard, for whom Howard Air Force Base is named; and Albrook, for whom the former Albrook Air Force Station is named; set the tone for the success of today's Air Force, the premier Air and Space Force in the world.

Which is exactly why the base is setting aside three days next week, April 8 - 10, to honor their accomplishments, and the accomplishments of the many blue suiters who have served side-by-side in this region

over the years, said Col. Gregory L. Trebon, 24th Wing commander.

"Thousands of Air Force officers and enlisted, such as General Arnold, Major Howard and Lieutenant Albrook, have ran the race for decades here in Panama," the colonel said. "We owe it to them to finish this race in style, to proudly carry the torch into the stadium. What we're about to do is not only for us, but for them as well."

Those words were echoed by Chief Master Sgt. Curtis L. Brownhill, 24th Wing command chief master sergeant.

"Those who came before us here in Panama, beginning with the courageous men and women who carved Howard and Albrook out of the Panamanian jungle, to those who proudly served from those installations for the next 60 years," he said. "Their 'standard for excellence' has become our heritage. It is our professional obligation to represent them and to honor them."

A series of events, beginning with a 24th Wing re-

Continued on Page 3, see Heritage.



U.S. Air Force file photo
Air Force Maj. Charles Howard.

Easter Sunrise Service

FORT CLAYTON — Chap. (Col.) Conrad N. Walker (retired) will be the guest speaker at the Easter Sunrise Service 6 a.m., Sunday at the main soccer field.

Walker, a master parachutist having made over 1,000 jumps to include one combat jump, became an Army Chaplain in 1962.

He was awarded the Silver Star, Bronze Star with Valor, Legion of Merit and a Purple Heart for his pastoral mission under hostile conditions in Vietnam.

Walker retired from active duty Nov. 1, 1990, to become the pastor at MacArthur Park Lutheran Church, San Antonio, Texas. After serving as a pastor for five years, he and his wife began new work in retreat ministries.

Walker played football for the University of Washington Huskies and had the opportunity to play professional football upon graduation, but followed the call to enter seminary to



(Courtesy)
Chap. (Col.) Conrad N. Walker (retired) is the guest speaker for the Easter Sunrise Service.

further prepare for the ministry. He and his wife are the parents of five children, three of whom are serving in the military with distinction.



Miguelito Briceño (Tropic Times contributor)

Did she say yes?

In front of a large audience, Spc. Ryan Fincel proposed to Petty Officer Sonja Eckhardt during Party in the Park III, Friday on Jarman Field. And without hesitation, she said "Of course." The newly engaged couple met here in Panama and have been dating for the past seven months. Good luck to you both.



Griselda Sterling (Tropic Times)

Hasta Luego

Maj. Gen. Philip R. Kensinger, U.S. Army South commanding general, and his wife Greta, greeted soldiers during the USARSO Hasta Luego reception held March 19 at the Fort Clayton Community Club. The reception was held for soldiers who are departing Panama during the months of April, May and June. A total of 175 soldiers received a Hasta Luego coin from the commanding general.

Volunteer of the Week

FORT CLAYTON (Installation Volunteer Coordinator's Office) — Melissa Martinez is the U.S. Army South Volunteer of the Week for her outstanding support to the community.

Martinez holds various volunteer duties in the Fort Clayton community. She does volunteer work for the mayor congress and Catholic Services as a Sunday School teacher. Her major accomplishments are helping the community, learning new leadership skills and teaching her Sunday School students.

She said what she likes most about volunteering is helping people, meeting new people and getting involved in the community.

Her most rewarding experience as a volunteer is getting to know others



Sgt. Tywanna Gordon (Tropic Times)
Melissa Martinez is the USARSO Volunteer of the Week.

while interacting with the Army community.

A native of Lubbock, Texas, she is married to Santos Martinez III.

Tropic Times

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Heritage

Continued from Page 1.

treat set for 4 p.m. Thursday near the flagpoles in front of Building 703, are designed to do just that. Later that evening, a "Heritage Celebration" will be held in the base theater. The ceremony will include remarks by a guest speaker and a multi-media presentation depicting the history and heritage of Howard AFB.

The events continue the next day with an early-morning "Remembrance Recall Ceremony" on the Howard flightline. The ceremony will pay respects to those Howard men and women who gave the ultimate sacrifice while serving in the Republic of Panama.

Later that morning, two sporting events will honor the namesakes of the two U.S. Air Force installations in Panama. The Lt. Frank P. Albrook Memorial Olympics, hosted by the 24th Civil Engineer



Air Force file photo

Air Force Gen. Hap Arnold.

Squadron, will kick off at 10 a.m. At the same time, the Maj. Charles H. Howard Memorial Golf Tournament will begin with a shotgun start at the HOROKO Golf Course.

Later that evening, the Hap Arnold Memorial Reception will be held in the Howard Wing Events Center.

The reception is reserved for distinguished visitors only. As was the case on the first day, the second day will end with a Heritage Celebration in the base theater.

The third and final day of the celebration will begin with a fishing tournament, starting at 6 a.m., at the Gamboa public boat ramp. Prizes will be awarded the group of anglers who bring in the heaviest string of 10 Peacock Bass.

Then, beginning at 5 p.m. on the Howard flightline, the culmination of the Heritage Celebration will feature a concert and fireworks display. "10,000 Maniacs," in addition to a local band, will perform as part of the festivities.



Tech. Sgt. Rick Burnham

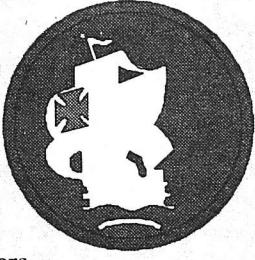
Rockin'

Brian Howe, former lead singer of Bad Company, rocked the house on Fort Clayton, March 26 and Howard AFB, March 27.

USARSO Organization Day schedule of events

FORT CLAYTON (USARSO Public Affairs Office) — The U.S. Army South Organization Day will be held April 9 on Fort Clayton.

The schedule of events are as follows: "Hooah" Run, photo shoot (units), opening remarks, games, softball game between commanders, sergeants major and BOSS, and an awards ceremony. For more information, contact your unit.



Dislocation Allowance facts

FORT CLAYTON (Accounting and Finance Office) — The purpose of the Dislocation Allowance is to partially reimburse a member for the expenses incurred when relocating the member's household. This allowance is in addition to all other Permanent Change of Station entitlements. DLA is paid based on the member's pay grade and dependency status. The current DLA totals are based on two-and-a-half months of the standard basic allowance for housing rates.

Members are entitled to one DLA during a fiscal year unless the Secretary of the Air Force approves exception. For those members who have processed Early Return of Dependent Orders during the current fiscal year, they will not be entitled to an additional DLA if they PCS during the same fiscal year of the ERD (Oct. 1, 1998, through Sept. 30, 1999).

When a member is married to another military member, only one will receive DLA. If married members move independently of each other, both members may be entitled to DLA in their own right. Contact Accounting and Finance for more guidance and details. DLA is considered a travel entitlement and is paid upon completion of a member/dependent travel voucher at the new Permanent Duty Station. DLA is not paid in advance but if funds are needed prior to completion of the travel voucher, cash advances using the Government VISA card are authorized. The 1999 DLA rates are as follows:

Grade	W/O Dependent Rate	With Dependent
O-10	\$2,195.78	\$2,702.99
O-9	\$2,195.78	\$2,702.99
O-8	\$2,195.78	\$2,702.99
O-7	\$2,195.78	\$2,702.99
O-6	\$2,014.46	\$2,433.81
O-5	\$1,940.18	\$2,345.95
O-4	\$1,798.00	\$2,067.98
O-3	\$1,440.95	\$1,710.93
O-2	\$1,143.02	\$1,460.93
O-1	\$962.51	\$1,305.97
O-3E	\$1,555.98	\$1,838.73
O-2E	\$1,322.74	\$1,659.02
O-1E	\$1,137.42	\$1,532.81
E-9	\$1,332.33	\$1,756.47
E-8	\$1,222.89	\$1,619.08
E-7	\$1,044.77	\$1,503.26
E-6	\$945.72	\$1,389.04
E-5	\$872.24	\$1,249.25
E-4	\$758.82	\$1,086.31
E-3	\$744.44	\$1,011.23
E-2	\$604.66	\$962.51
E-1	\$539.17	\$962.51

For additional information, please contact the Accounting and Finance Office at 288-5046/5101/4454/4902 or visit our customer service from 8 a.m. - 3 p.m. Our web page also offers helpful information; visit at www.mil.howard.af.mil/Squadrons/CPTS_page/cpts.htm

Pre-final inspection for Army housing

FORT CLAYTON (Housing Division) In preparation for final closure, the Housing Division has prepared an advance pre-final inspection schedule for all occupied Army Housing units located on Fort Clayton and Fort Kobbe.

The purpose of this pre-final inspection is to inform all occupants of their responsibility in preparation for final inspection of their assigned quarters in accordance with the schedule below.

Personnel assigned to quarters at Corozal will be informed of pre-final inspections under separate cover.

For more information, contact the Housing Division at 288-9254.

Fort Clayton Housing Advance Pre-final Schedule

Month of April 1999

AM: 8 a.m. - noon

PM: 12:30 - 3 p.m.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 AM 1100-1105, 1111-1115 PM 1105-1109, 1115-1120	2 AM Holiday PM	3 AM 605-613/616, 619, 622- 625/628, 631 PM 613 615/619, 614, 625, 627/631, 633
5 AM 1176-1180, 1000-1002, 1006-1010	6 AM 1025-1031, 1047-1052 PM 1032-1043, 1052-1054	7 AM 1055-1058, 900-910 PM 1039-1062, 911-916	8 AM 917-922, 926-931 PM 922-925, 931-934	9 AM 935-939, 800-801, 804-808 PM 801-803, 809-813	10 AM 634, 637/640- 643, 646-649, 652, 655 PM 637, 639/643, 645, 649, 651/655, 657
12 AM 814-818, 842-830	13 AM 836-843, 855-861 PM 819-823, 831-835	14 AM 700-704, 708-716 PM 850-854, 862-867	15 AM 719-723, 726/501-505 PM 723-725, 506-510	16 AM 511-532, 538-540 PM 532-534, 538-540	17 AM 558, 661/664, 647, 670- 673/676, 679 PM 661, 663-667, 669, 673, 675/679, 681
19 AM 541-544, 547-550	20 AM 553-556, 559-570 PM 544-546, 550-552	21 AM 573-577, 580- 581/401-403 PM 556-558, 570-572	22 AM 409-416, 423-433 PM 577-579, 404-408	23 AM 475-481, 306-312 PM 301-305, 313-318	24 AM 682-691
26 AM 319-326, 332-338	27 AM 353-359, 365-371 PM 327-331, 339-353	28 AM 377-383, 3-9- 384-385 PM 360-364, 372-376	29 AM 11-23, 72-85 PM 19-23, 86- 90/157	30 AM 1121-1131, 1138-1153/1164-1174 PM 1133-1138, 1153-1162	

Rodman transfers as "a virtual island of green"

story and photo by Stuart Lee Johnston

Commander, Navy Region Southeast PAO

RODMAN NS — Visit any cultural hotspot and you will find a vestige of who was there before: Spain's New World is discernibly Spanish, for example, and French cuisine can be found throughout Southeast Asia and the Caribbean.

However, when the last Americans depart Panama, they will leave mostly physical remnants: the Panama Canal; the Bridge of the Americas; and the modern facilities at a dozen former U.S. military installations.

At Naval Station Rodman, which is set to officially transfer to the Government of Panama (GOP) on April 30, departing sailors will help close a 150-year-old partnership by leaving a precious gift: an environmentally-protected area that has evolved as a virtual island of green.

Like New York's Central Park, the base is a oasis in the heart of one of the busiest commercial-industrial areas in the world.

Nestled on the west bank where the Canal meets the Pacific, Rodman's 1,144 acres of thick, tropical habitat serve to protect and safeguard scores of endangered animal and plant species. Rodman remains a safe haven for titi monkeys, coetemundis, mahogany trees, reptiles, and native and migratory birds.

"This base presents something of an environmental jewel in that our operations have always accommodated a rich and diverse array of species; specially in the San Juan Hill area," said Capt. R. W. Bennett, the base commanding officer.

That biodiversity has been protected by a long-standing partnership between the Navy and the Nature Conservancy, in conjunction with Panama's National Association for the Conservation of Nature.

Not surprisingly, the station was among the very first overseas military installations to receive Legacy Resource Management Program funding for its natural resource program. Those funds, awarded shortly after the program was established by Congress in 1991, bolstered the local effort to provide



A row of mahogany trees stand at the foot of Rodman's San Juan Hill. For decades, the area has served as a haven for monkeys, coetemundis, and many species of birds and reptiles.

additional wildlife and vegetation inventories and to map sensitive plant and animal species.

Prior to initiating cleanups aimed at ensuring compliance with the *Final Governing Standards* and, to satisfy special Operation of the Navy Instructions (*OPNAVINST 5090.1b*), the Rodman team worked for several months to push the transfer of nearby Arraijan Farm.

"Coordinating the transfer of an 807-acre fuel storage and distribution complex, one with a fuel-handling capacity of almost 50 million gallons, and with varying levels of fuel in the soil and sludge around 36 separate tanks, was a challenge," said Michael Stanka, Rodman's environmental director.

"The extensive sampling needed to assess the area definitely required a joint effort by our people and the contractor." He added that working with a mature and experienced staff, comprised entirely of Panamanian specialists, had eased the demands of coordinating both the Arraijan transfer and more recent projects.

Alcidez Sanchiz, 40, who has directed several environmental programs at the base, admitted feeling a personal, vested interest in the quality of

cleanup performed in his home country.

"We are doing quality work here because we love Rodman and because we have worked in the environmental area for some time," said Sanchiz, who studied electrical engineering at Panama City's Universidad Tecnologica de Palma.

"Our standards should not present a concern for anyone as we are well trained for these jobs. I, for example, have traveled to the United States on several occasions to attend professional seminars and DoD-sponsored symposiums and training events there. I was also serving as Rodman's environmental coordinator in a collateral duty capacity from 1989 to 1992."

In addition to Sanchiz's influence, environmental staffers Roberto Rodriguez, 54, and Guillermo Wallace, 41, are managing the day-to-day operations like recycling and solid waste disposal. Because port services have been discontinued, the team no longer tends the hazardous waste warehouse nor accepts hazardous waste from transient ships.

Rodman's Executive Director Nancy Trotter, 39, who was raised in the Canal Zone, said sailors should be proud of the overall effort and manner in which the Navy is conducting the transfer.

"We've been completely forthcoming and helpful in every environmental meeting or discussion; especially with members of the community and with representatives of the Panamanian government," said Trotter.

"Aside from our treaty requirement to provide the GOP an Installation Condition Report, we've opened our books on numerous occasions, and we feel that has contributed to a strong relationship."

When Capt. Bennett was asked if he foresaw any transfer impediments in store for Rodman, he replied, "Quite the contrary, the transfer of Rodman is a 'win-win' for both the Government of Panama and the Navy. The GOP receives an operational port facility already generating revenues for Panama and our departure should therefore be seamless and on schedule."

JIATF-South drives on, continues with missions

HOWARD AFB (JIATF-SOUTH)

— The Joint Interagency Task Force-South will continue its coordination of the counterdrug effort in South America until April 1, and then will assist Joint Interagency Task Force-East in taking over the "Source Zone" mission until May 1.

To many observers here at Howard — and those at Key West, Florida — who stand ready to take on this expanded role, the end is very near.

For the military, civilian and contract professionals completing the mission, there is still much to be done before the final page in this chapter is turned.

During the last week in February, two small but important observer teams came to Howard to ensure the transition plan was on track and executable. Both the U.S. Southern Command Inspector General Team and the General Accounting Office (better known as "The GAO") will carry back the word that the JIATF-South Team is "sprinting across the finish line" in the marathon effort to complete the terms of the Torrijos-Carter Treaty while preserving the ability to successfully complete the mission.

One segment of the team garnered especially glowing comments.

Both the USSOUTHCOM IG and the GAO cited JIATF-South's efforts at "Operational Improvements" as a "benchmark" effort.

Operational Improvements is a JIATF-South term for a systemic effort which applies a mixture of the brand of Total Quality Management used in the Air Force, with the disci-

pline of Operations Research methodology employed in the Navy and Marine Corps, and the planning model used by the Army.

The particular applications being developed in JIATF-South also emphasizes information-age business applications — particularly "push technology".

In short, putting data base management and web page distribution together puts extremely accurate information in the hands of decision makers on a shortened time cycle. The information is used for a range of decisions from operational targeting to resource management goals.

Objectives and metrics "cascade" down from the national level to USSOUTHCOM, then from the JIATF to the units executing the mission.

This keeps efforts focused on activities dictated by The Office of National Drug Control Policy. For those with access to the classified branch of the MILNET (known as the SIPRNET), J-2, J-3, J-8 and the Surgeon General's links off the JIATF-South Home Page offer great detail on this effort.

Col. Barry Chisholm, the director of JIATF-South, said he was pleased with all the results of both visits, but "especially pleased" that this effort got such favorable comments.

"It just became possible to pull the elements together this fiscal year. It requires a team effort — technical expertise, programming skills, a high level of communications support plus a commitment to progress. That really came together in about October of last

year. The efforts have been embraced across the JIATF."

In J-3, there is a specific branch to manage the O & I effort. Lt. Col. Greg Dunlap, USMC (the Director of Operations), said he was fortunate to bring an O & I team on board, despite the impending mission transition and organizational closure.

He added, "We were also fortunate in the personalities we picked up to complete this task . . . and to already have a Watch Branch on board which accepted the mission when many others would have resisted."

The O & I personalities Lt. Col. Dunlap refers to are:

Scott Johnston, an MS Access certified solution provider who had almost ten years in Army intelligence before joining the JIATF-South team in October of 1998. Michael Schulman, a retired 24th Wing Vice Commander with more than a decade of counterdrug experience in theater, and Capt. Anthony "Mel" Tormey, the branch chief.

Tormey came from Tinker AFB in November of 1998 where he was the 552nd Ops Group Quality Officer. He is an experienced AWACs crewmember with 18 years of service under his belt.

Tormey also praised the Watch Branch members, saying they "changed the majority of their standing procedures for log creation in order to create the data base (DB) which starts the improved operations cycle."

Tormey is also quick to point out that while Lt. Col. Dunlap set up a separate O & I section, similar efforts are under way in J-2 (Intelligence), J-8 (Budget and Programatics) as well as the Surgeon General's Office.

The interaction between independent programs throughout the JIATF has accelerated development and created a natural forum for cross-checking ideas and applications.

Beyond his regular duties, Ron Hearn (the J-8 O & I Specialist) has been active in the J-3 programming effort, while Air Force Staff Sgt. Lisa Simmons (who manages the advanced J-2 DB) has been a consultant and mentor to us as well.

Tormey added that Staff Sgt. Simmons has won respect across the counterdrug community for her work on the Consolidated Counterdrug Data Base (CCDB). "We're very lucky to have had her here to shorten our learning curve."

Meanwhile, Capt. (USN) Timothy Sternberg, the JIATF-S Surgeon General, has personally set the standard on the "push" end of the cycle.

His JIATF-S SG's Home Page, with over a hundred linked pages, literally chronicles the status of medical care available to those active in CD efforts across our AOO.

"His links have made accurate medical planning for deployments light-years easier" Tormey said. "Our efforts will leverage his web model, while his office plans to apply our data base program in the next phase. It's good now — it's going to be great soon."

Chisholm summed it up by saying, "This specialized effort is just an example of what every member of this team has been doing — transitioning the source zone mission to JIATF -East with the highest standards . . . and a great deal of pride. It is our visible legacy and in that respect the benchmark status is most appropriate."

Precautions for salmonella and Easter eggs

story by Staff Sgt T. Forrest Kays
 24th Medical Group

HOWARD AFB – The story of the Easter Bunny bringing eggs to children comes from a German fable. In Switzerland (land of the Cuckoo clock), children receive eggs from the Cuckoo. But several precautions for handling eggs are necessary before the fun begins.

In the 1970s, the intact egg was considered sterile. With today's changes in chicken husbandry, all eggs are considered potentially contaminated with salmonella. Other sources of salmonella include undercooked chicken, pork, beef, rodents, and pets such as iguanas, turtles, and birds. Great care should be used when handling pets. Parents must ensure children wash their hands thoroughly after playing with them. On rare occasions, salmonella outbreaks have occurred due to unchlorinated municipal water supplies.

This germ is present in less than one percent of all intact eggs. If a contaminated egg is improperly cooked, or is stored incorrectly, the person ingesting the egg may potentially experience symptoms like headaches, fever, nausea with associated abdominal cramping, di-

arrhea and vomiting.

Fortunately salmonellosis (the illness caused by salmonella) is rarely fatal. Even after recovery, a victim may pass the germ for several weeks without showing any signs of illness.

Just because there are a few "bad eggs" out there does not mean that the Easter Egg Hunt should be canceled. Proper handling of eggs before and after processing can prevent a foodborne illness outbreak. The germ will not grow when temperatures are below 40 F; therefore, keep eggs constantly refrigerated.

The germ is killed at 160 F. It will be killed even at temperatures as low as 140 F if held for 3.5 minutes. That is one reason why foods to be served hot need a holding temperature of 140 F or higher.

Eggs can be served many ways thus requiring different cooking times. Egg whites will coagulate between 144 to 149 F. The yolk will coagulate between 149 to 158F.

Hard-boiled eggs with the white set and the yolk thickened (no longer runny but not hard) have reached an internal temperature high enough to kill salmonella. Since Easter eggs tend to be handled more than the typical egg, there

are several precautions to follow:

- Wash hands before handling eggs.
- Use only clean, uncracked eggs to boil.
- If not coloring the eggs after cooking, immediately refrigerate them in their original carton. This reduces the chance of cracking or taking up food odors.
- Before coloring, check the eggs to assure there are no cracks.

To boil, put the eggs in a pan covered with one inch of water. Bring the water to a boil for seven minutes. Remove from the heat. Crack an egg to see how well the yolk has set. The yolk at this point may only be soft set. It may take an additional 20 minutes in the hot water (off the heating element) to completely set the yolk. Periodically, during this time, crack open another egg and check it. Once the yolk has set, it is time to color the eggs.

Coloring can be a fun time for children! Be sure to use dyes that are safe for consumption. Coloring should be accomplished in water warmer than the eggs.

Once the eggs are dyed, return them

to their original carton for storage in the refrigerator.

There are several natural dyes that can be made at home. Add a little vinegar to the water to help set the color.

Natural Dyes:

- Red cabbage leaves = blue.
- Fresh beets, cranberries, or raspberries = pinkish red.
- Yellow onion skin = orange.
- Ground turmeric = yellow.
- Spinach and parsley = pale green

Wait until the last minute before hiding the eggs. Eggs should not be out of refrigeration for more than two hours.

Check the eggs for cracks and be sure to wash hands before handling the eggs. Avoid placing eggs where pets or wild animals may have defecated.

Also avoid areas where lawn chemicals have been sprayed. Once the eggs have been found, either eat or refrigerate immediately.

Easter is an important religious holiday as well as fun time of the year.

Do not spoil it with a foodborne illness. Questions about food preparation or food/waterborne diseases may be answered by contacting Public Health at 284-4727.

Silence is a Virtue in the Eyes of the Law

story by Capt. Art Rabin
 Trial Defense Service

"You do not have to answer my questions or say anything. Anything you say or do can be used as evidence against you in a criminal trial. You have the right to talk privately to a lawyer before, during and after questioning and to have a lawyer present with you during questioning. This lawyer can be a civilian lawyer of your own choice at no expense to the government or a military lawyer detailed for you at no expense to you. If you are willing to discuss the offense(s) of which you are suspected, with or without a lawyer present, you have the right to stop answering questions at anytime, or to speak privately with a lawyer before answering further, even if you sign the waiver of your rights."

If you hear this rights warning from a CID agent, a Military Policeman, your first sergeant, your commander, or any other official investigator, then you are a "suspect" in a criminal investigation. Unless you are a lawyer experienced in the complexities of criminal law, you should heed the warning and remain silent.

It is always wiser to stop the interview at this point and consult with a defense attorney. Once you make a statement, oral or written, it cannot be taken back.

Even in situations where it seems appropriate to waive your rights and to make a statement, you should always consult with an attorney first. If, after consultation, you believe it is in your best interest to make a statement, you can do so at that time. It will not be too late.

You should be unafraid to invoke your right to remain silent. The Fifth Amendment to the U.S. Constitution gives you the absolute privilege to do so. Once you invoke your rights, Article 31(b) of the Uniform Code of Military Justice (U.C.M.J.), states that no one subject to the Code can request or order you to make a statement. In fact, any attempt to do so is criminally punishable by Article 98, U.C.M.J.

If court-martialed, your silence cannot be used as evidence. Military judges routinely give strict instructions to court-martial members that they cannot hold an accused's silence against him.

The law recognizes that just because a person wishes to consult with an attorney, this does not mean they are guilty of anything. Most of the time, the accused person just wants to make an informed decision

about his legal rights.

Your choice to waive or invoke your rights should never be swayed by public opinion or "barracks lawyers."

All reasonable people know that just because an allegation is leveled against someone, it does not mean that they are automatically guilty. After all, no one is immune from false accusations.

The reason you should always invoke your right to remain silent is that "anything you say or do can be used as evidence against you." Most of the time, your uncounseled, unadvised, uninformed statement to investigators will not "clear anything up." Often, it will do more harm than good.

During any CID or MPI interrogation, you will be subjected to various interrogation techniques by a professional investigator. The investigator's goal is rarely to assist you in clearing yourself; and usually it is to obtain incriminating evidence against you.

Remember, the investigator would not have read you rights if he did not already suspect that you committed the crime.

If you hear this rights warning from a CID agent, a Military Policeman, your first sergeant, your commander, or any other official investigator, then you are a "suspect" in a criminal investigation. Unless you are a lawyer experienced in the complexities of criminal law, you should heed the warning and remain silent.

that by making an immediate statement or by cooperating with investigators (without counsel) their actions will "clear things up" or help them receive a lighter punishment. By law, no investigating officer, CID agent, or MPI investigator can promise you a certain disposition of your case or a lesser punishment. The decision to court-martial you, to give you an Article 15, or some other punishment is totally up to your chain of com-

mand.

Sometimes the decision extends all the way up to the commanding general. In the process, any lower level of command may be overruled by a higher level.

In short, no one individual can guarantee that your cooperation will get you anything other than someone's personal gratitude for making their investigation easier.

Additionally, if you are suspected of an offense you should never discuss the case with friends, doctors, psychiatrists, counselors, or even family members. One of these persons could be called as a witness against you to testify about some admission they claim you made, even if you deny this later.

All of these misconceptions may be easily cleared up during consultation with an attorney. So, if you wish to speak with an attorney, to whom do you turn? In one word — TDS.

The U.S. Army Trial Defense Service (TDS) is the only Army organization responsible for advising and representing accused soldiers. TDS is a separate and independent branch of the Judge Advocate General's Corps. TDS attorneys are not assigned to the local command. TDS is also not subordinated to the command's Staff Judge Advocate's Office.

The TDS Panama Field Office consists of two defense attorneys, both licensed U.S. lawyers and former prosecutors. TDS is located in Building 154 on Fort Clayton. You may call TDS during normal duty hours at 288-3636 or fax documents to 288-6258. Speaking with a TDS attorney is not a privilege subject to command cancellation. It is a right you enjoy as a U.S. Army soldier.

TDS attorneys are legally responsible for representing the sole interests of their clients — not the command's. We fully advise our clients about their rights and all aspects of the investigation. We also zealously represent our clients in all proceedings against them.

Our mission is to obtain the best result possible in every case. All statements during counseling are protected by the attorney-client confidentiality. Ethically and legally, our loyalty is always to our clients first. Our motto is "Defending Those Who Defend America."

TDS strongly believes that it behooves all soldiers to know their legal rights. So, if you are accused of a crime and read your legal rights, always ask to speak with a TDS attorney before making any statements. Remember that "silence is a virtue in the eyes of the law."

Boy Scouts host 46th

Rich in history and tradition, the Cayuco Race brings various participants for three days of serious, fun competition.

story and photos by Sgt. Paul Bouchard
Tropic Times Editor

GATUN LOCKS — The last Ocean-to-Ocean Cayuco Race hosted by the Boy Scouts of America took place March 26-28, with more than 40 teams taking part in the three-day competition.

But though 1999 marks the end of the Boy Scouts involvement in this popular event, Dr. Marcos D. Ostrander, the Cayuco Race race master, was confident in saying that the race will continue on an annual basis with a new sponsor.

Rich tradition, history

The Cayuco Race, whereby participants, often in teams of four, paddle cayucos through the Panama Canal, is a sporting and community event rich in tradition and history. Take the cayucos for example. These canoe-like boats made of mahogany, pine or cedar, are often passed down through family and friends, sometimes spanning a generation or two.

Also, the participants themselves are also part of the race's tradition. For example, some team members meet just once a year (some traveling from abroad) to take part in the race.

"We have a lot of support for this event," said Rick Williams, the Boy Scouts Post 21 advisor. "Parents support a lot, the spectators come out in large numbers, the competi-

tors get all geared up. This is an event that brings the community together. We're talking about 46 years of tradition."

Bill McGann, the assistant race master, reiterated similar sentiments by saying, "The interest in the Cayuco Race is incredible."

Taken seriously

Cayuco Race participants and spectators take this three-day competition very seriously. For example, many racers spend numerous hours sanding, fixing and painting their cayucos in an effort to make them fast, sleek and as attractive as possible.

Another example — each race day begins with an invocation, asking for good weather and no injuries.

And then there's the very language and terminology of this competition. Cayuco Race lovers are quick to point out that the cayuco is not a canoe or a boat, it's simply a cayuco. They'll also remind you that the cayuco is not rowed but paddled.

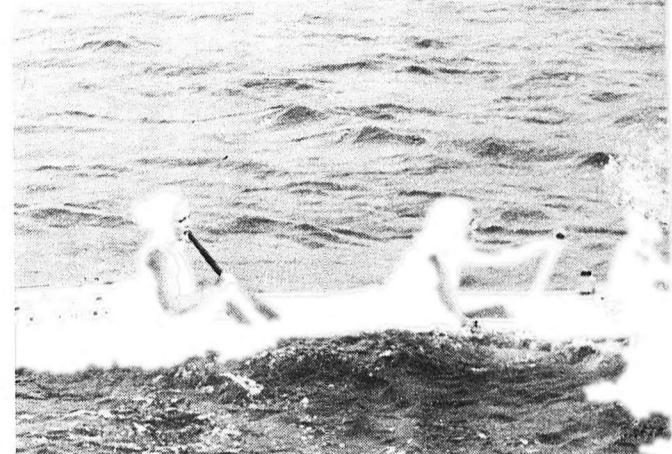
Another serious aspect of this annual race is the very logistics that make the race possible. Numerous volunteers, a race coordinator, race master, assistant race master, awards coordinator, organizations like Fort Sherman's Jungle Operations Training Center providing escort boats and safety personnel, the Panama Canal Commission providing such things as safety boats, water taxis for spectators, ambulance services, computers for race results — all of these are examples of the various logistical complexities involved in putting this historical sporting event together.

'Will continue'

Both Williams and McGann reiterated Ostrander's confidence that the Cayuco Race will continue after 1999. Ostrander said the Abou Saad Shrine Temple will replace the Boy Scouts of America as the principal sponsor of the event. And Williams said, "Everybody wants this race to continue — the American community here, the Panamanians, businesses downtown. The Cayuco Race will continue here in Panama."



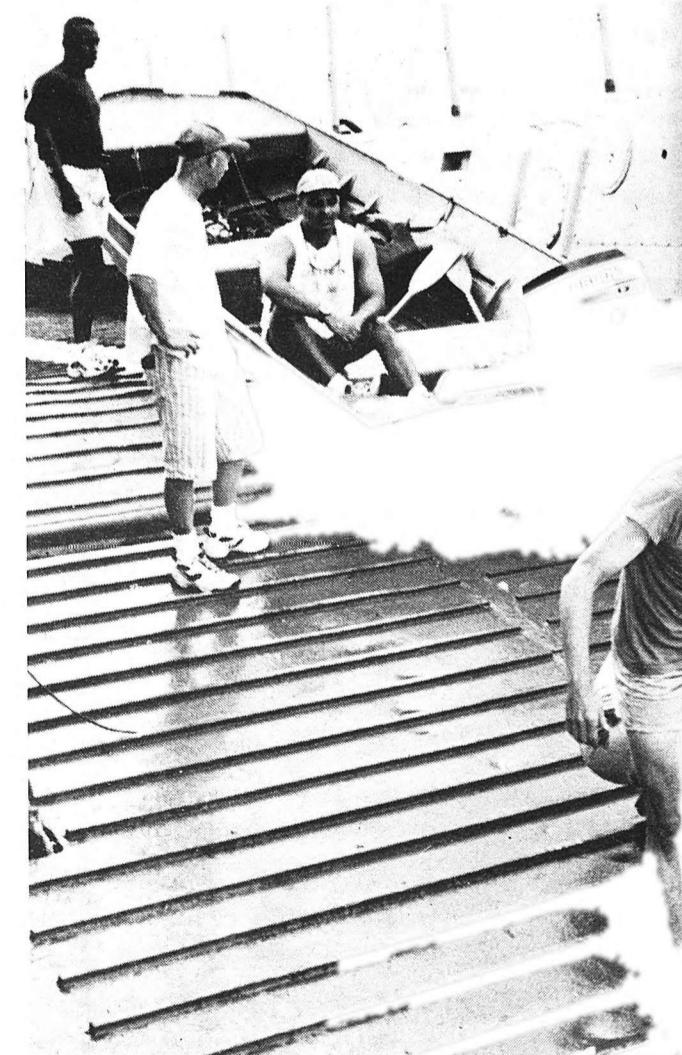
Cayuco Race Master Dr. Marcos D. Ostrander goes through some last minute pointers before the start of Day three of the competition. Behind him are (center) Hugh Thomas, the race coordinator, and Bill McGann, the assistant race master. Many individuals and volunteers are involved each year in organizing the Cayuco Race. Ostrander said the Cayuco Race will continue to be held on an annual basis.



The competitors encountered higher-than-normal waves, which are obviously essential for doing well in the race. Often, while the remaining crew members keep paddling.

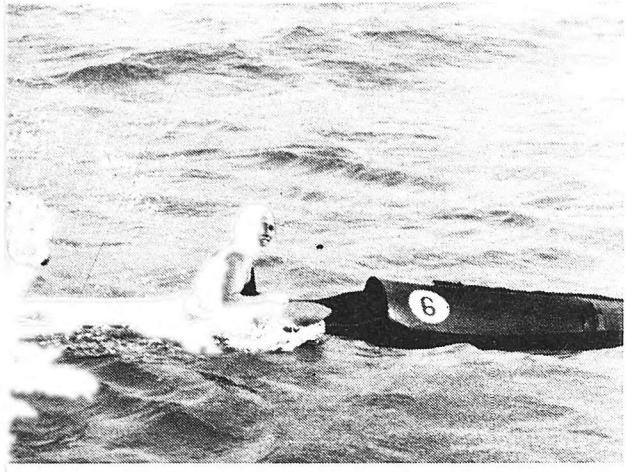


Competitors line up for the beginning of another start. Many teams took part in this year's Cayuco Race.

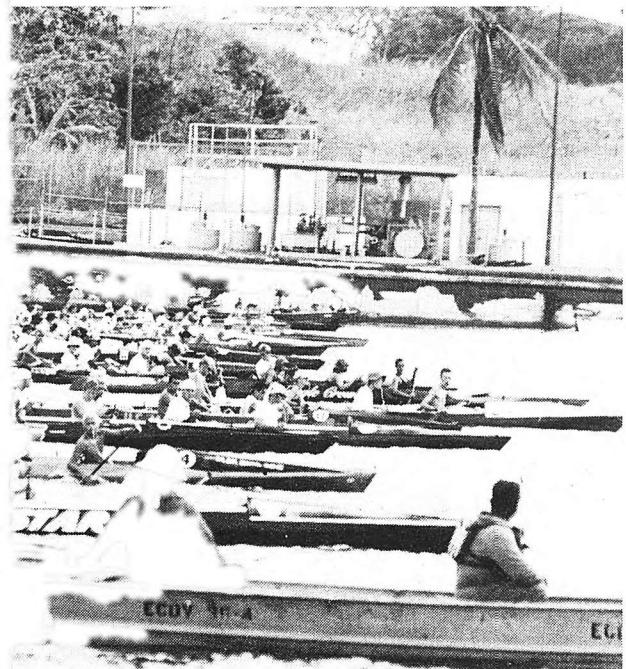


Many organizations provide support for the Cayuco Center at Fort Sherman, which provides safety boats.

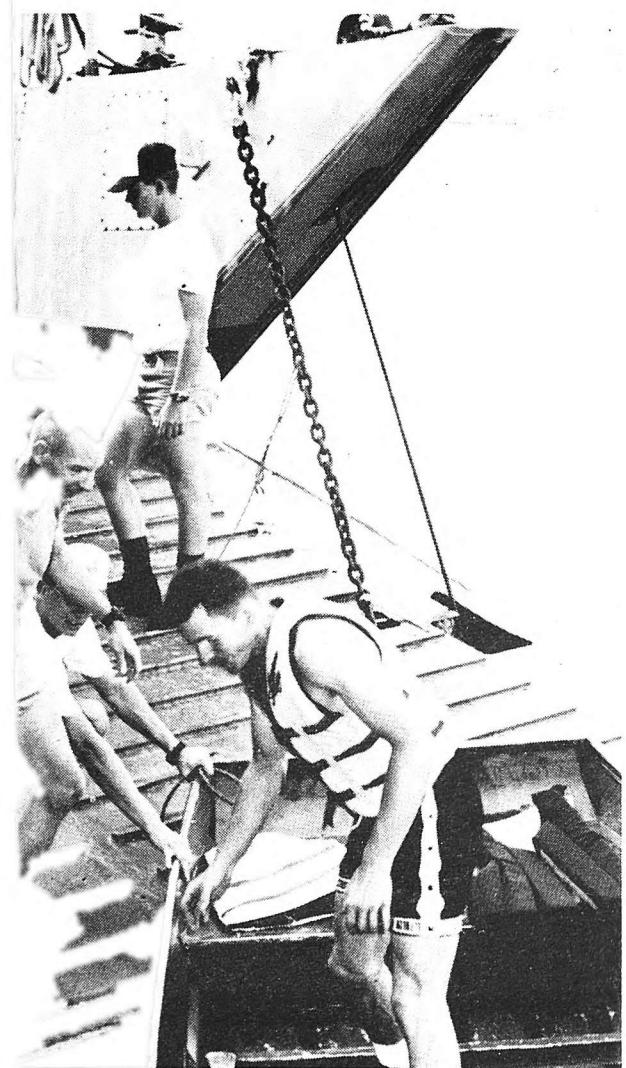
annual Cayuco Race



ves in Day One of the competition. Teamwork is one team member bails water out of the cayuco



tch of the three-day competition. More than 40



ace, including the Jungle Operations Training
nd personnel.



The crew of the cayuco named Rio Senales gets ready for another day of competition. This team finished in third place in the male (trophy) category with a time of 5:46:35.



Patch boats, often manned by teams of more than four members, compete for the honor of completing the race and receiving the coveted Cayuco Race Patch. This cayuco, the Slave Galley, finished the three-day race in a time of 6:15:43. The third member from right is the Honorable Simon Ferro, the U.S. Ambassador to Panama.

Coming up...

Bank closure

The Community Bank is closed Friday and Saturday for the Easter Holiday. Also, due to the treaty-related drawdown, bank services are due to change as follows: Currently - no new accounts are being opened, no new loans being granted and no new certificates of deposit being opened; April 30 - Howard customer service facilities closes, Fort Kobbe mobile van closes, Fort Sherman banking facility and ATM closes; Aug. 27 - Corozal and all remaining ATMs close. For more information, call 285-4005.

Finance Closure

All customer service areas of the USARSO Finance and Accounting Office are closed Friday. The Finance on-call NCO can be contacted through the EOC at 288-7105/6556 for emergency service.

Recruiting visit

Master Sgt. Arthur Bendolph, the local recruiter assigned to the Howard AFB area, will be here Tuesday - April 15, Building 710 in the PERSCO. For more information, call 284-4142/4661.

AAFES relocates some facilities

The Army and Air Force Exchange Service will begin moving all Hallmark products from the Howard Military Clothing Sales Store/Bookmark to the Howard Shoppette. The Dollar Rent-a-Car concession will move to Building 709 Wednesday which includes Scuba Shop, New Car Sales and Kodak Film processing concessions. Also, in preparation of consolidating the Howard MCSS downstairs in Building 709 with the Video Rental Store, AAFES will begin renovation of the Video Rental Store April 19. The video rental area will be reduced to accommodate MCSS merchandise. However, the number of titles and quantity of videos will not be effected. The combined facility will open May 3.

GSA Sale

The General Service Administration, Fleet Management Center, Panama, will host another vehicle inspection and spot-bid sale of U.S. government trucks, sport utility vehicles and sedans 9 a.m. - 3 p.m. Thursday and April 9 in Corozal near the TMP and Cold Storage Facility. The vehicle sale starts 9 a.m. April 10. For more information, call 285-4634.

Dining Facility hours change

For April 9 only, the Fort Clayton Dining Facility hours are as follows: breakfast 7 - 9 a.m., lunch 11:30 - 1 p.m. (meal card holders and Reservists only) and normal hours for dinner. For more information, call 285-5676.

"Recruit - The - Recruiter"

A "Recruit - The - Recruiter" team briefing is scheduled for 10 a.m. Wednesday in the Top Three Lounge. Staff sergeants and Technical sergeants with less than 16 years total active service are eligible. Senior Airman with 4 - 6 years TAFMS are also eligible to apply. For more information, call Tech. Sgt. Claudio Wedderburn at 284-4661, or Staff Sgt. Keith Murphy at 284-5309.

West Point Founders Day

The annual West Point Founders Day dinner for West Point graduates and guests is scheduled for 5:30 - 7:30 p.m. April 10 at Gaucho's Restaurant in Panama City. The dinner is a no-host, semiformal affair (coat and tie). For tickets, call Capt. David Abrahams at 284-9255 during duty hours or 284-6671 after duty hours.

Power outage

There is a scheduled power outage April 10 for Fort Clayton Buildings 110 - 107 and Building 251. Also Building 95 will be affected during the switching process from 8 - 8:30 a.m. and then again at 11:30 - noon. During this outage, chilled water will not be available in Buildings 49, 64, 95, 101, 127, 128, 130 - 132, 172, 200 - 205 and 207 - 220. This outage is necessary to perform maintenance operations. The DEH regrets any inconvenience this may cause and sincerely thanks all users and residents for their patience, cooperation and understanding. For more information, call Ladislao Ryan at 285-5708/6619.

Job loss adjustment course

A course designed to aid first-line supervisors with helping employees deal with a job loss is scheduled for 7:30 a.m. - 2 p.m. April 13, 15 and 16 in Room 316 Building 709, the Howard Education Center. For more information, call 284-5545.

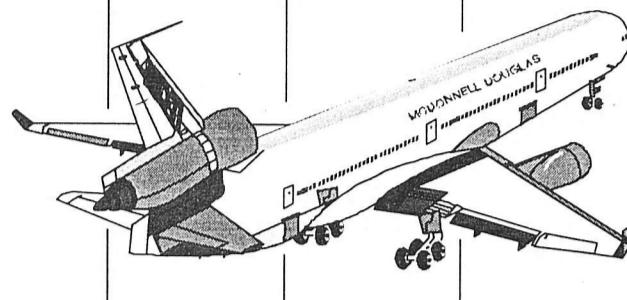
Flushing water systems schedule

Water mains will be flushed on the following dates and locations between the hours of 6 a.m. - 10 p.m.: April 15 Fort Kobbe, April 17 and 18 Corozal and April 24 and 25 Fort Clayton. Low pressure will occur in the sections being flushed and should not exceed one hour. For more information, call Mr. Carlos Reyes at 285-4710.

AMC flight schedule

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

Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
NO SCHEDULED FLIGHTS						



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

Travel tips

Pet tips — Pets may now be shipped space-available to CONUS. There is, however, a fee. For more information, call the Howard AFB Passenger Terminal at 284-5702.

Announcements

Right Start briefing

The new Right Start briefing is at the Mountain View Chapel on the first and third Thursdays with the following forecast dates: April 15, May 6 and 20, and June 3 and 17. For more information, call Staff Sgt. Diana Miller at 284-3508/3241.

Tax Assistance Center still open

The Tax Assistance Center is open at the Valent Recreation Center weekdays 9 a.m. - 4 p.m. until April 15. After April 15 the Tax Center will relocate to the Legal Assistance Office. You may direct your tax questions to this office at 288-3648. The Tax Center is also a central distribution point for tax forms. Tax return forms for all states are also available, as are all IRS forms. If you have not received your refund, call the IRS at 1-800-829-1040 for the status of your return. Remember not to ignore any notification from the IRS. They have the power to freeze your assets if they determine that you owe taxes. In addition, if you are in the military or work for the military, problems with the IRS could cause a revocation of your security clearance. Therefore, you should always respond to any notification from the IRS.

AUSA Scholarships

The Isthmian Chapter of the Association of the U.S. Army will be granting two scholarships for academic achievement to high school seniors. A key requirement is that the student's sponsor must be a AUSA member. Applications can be picked up at the Counselor's Office at Balboa High School. The deadline for submission of applications is April 16. Applications should be sent to Lina Norris, PSC 04 Box 3032, Fort Clayton, APO AA 34004. For more information, call Lina Norris at 285-9903.

Flying board applications

The next Undergraduate Flying Training selection board will review applications for pilot and navigator training April 20. For more information, call 284-3903

Relocation Awareness Day

The Relocation Assistance Program is holding a Relocation Awareness Day 9 a.m. - 3 p.m. April 21 in Building 200, Fort Clayton. There will be subject matter experts from various organizations. You can get information from qualified Relocation Specialists and get cool prizes. For more information, call 288-9234/9235.

Luncheon

There will be a farewell dinner for Command Sgt. Major Thomas Quinn 6 p.m. April 24 at the Fort Clayton Community Club. The guest speaker is the Commanding General and the dress is coat and tie. The cost is \$12.95 per person. There is limited seating so contact the Protocol Office at 288-3117/3118 no later than April 20. You will be able to choose between baked chicken and roast beef in mushroom sauce for dinner. All organizations wishing to make a presentation should coordinate with Maritza Pearce at 288-5546 or 218-1250.

Accreditation survey

The Joint Commission on Accreditation of Healthcare Organizations will conduct an accreditation survey of the 24th Medical Group on April 25 - 27 to evaluate its compli-

ance with nationally established Joint Commission standards. Anyone believing they have pertinent and valid information about the quality-of-care issues and the safety of the environment in which care is provided may request a public information interview with the Joint Commission's field representative at the time of the survey. Requests for a public information interview must be made in writing to the Joint Commission no later than five working days before the survey begins, and must indicate the nature of the information to be provided at the interview. Such requests should be addressed to: Ambulatory Care Service Team, Joint Commission on Accreditation of Healthcare Organizations, One Renaissance Boulevard, Oakbrook Terrace, IL 60181.

Phone Centers will not reopen

Despite a considerable effort by the Army and Air Force Exchange Service to reopen their Charter Communication Phone Centers, the centers will not reopen. The long distance lines which provided satellite connectivity to the centers were disconnected Jan. 8. This occurred due to the privatization of telephone services in Panama. For more information on available long distance options, call Paul Peart at 285-5232.

New Housing hours at Howard

Effective May 3, the Howard Housing Office will change its operating hours to 7:30 a.m. - 1 p.m. Mondays through Fridays for walk-in customers, and 1 - 4:30 p.m. by appointment only. For more information or to schedule an appointment, call 284-3301.

CWO selection board

A selection board convenes May 4 to consider eligible chief warrant officers on the active duty list for promotion to CW3, CW4 and CW5. For more information, call the Officers Records Section at 288-4656.

More money for meals

The dining facility is closed to non-meal card holders for the lunch meal. As a result, non-meal card holders will now receive Rations-In-Kind not available for the lunch meal. Each member receiving Basic Allowance for Subsistence will now receive an additional 32 cents per day. If you are TDY or on leave, however, BAS will revert back to the standard rate. This additional BAS entitlement will be reported and "paid" at the end of each month. For more information, contact the 24th Comptroller Squadron at 284-5046/5101/4454/4902.

School physicals

The Howard Air Force Base and Fort Clayton Pediatric Clinics are increasing the number of school physical appointments available. Physical appointments will be offered 1 - 3:30 p.m. daily. If you are moving to Puerto Rico and your child will require a school physical prior to the start of the next school year, call the appointment desk at 284-3832/3834/3837.

Physical Therapy reduces services

The 24th Medical Groups Physical Therapy Clinic has reduced its services by 50 percent and will close July 1. In preparation for this reduction in services, clinic personnel are working closely with all providers in an effort to ensure the transition is as painless as possible for all customers.



Sports

April 1, 1999

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

Page 9

Sports shorts

Air Force

The HSFC is sponsoring a **Volleyball Tournament** April 9 - 11. Sign-up starts Monday. Open to the first eight teams to sign up.

The Howard Bowling Center is looking for bowlers to bowl in the upcoming "Fun Mixed Leagues." There is also reduced price bowling on Monday and Tuesday. All games on these days are \$1 with free shoes. Bowl three games, get one free. For more information, call 284-4190.

Free aerobics classes are held 9 a.m. Mondays, Wednesdays and Fridays. Also 4:45 and 5:45 p.m. Mondays - Fridays. For more information, call the HFSC.

For more information on Air Force sports, call the **Howard Fitness Sports Center** at 284-3451.

Army

A USARSO bicycle race is scheduled for April 11. Register at the Reeder Gym before Saturday.

Registration for a **5'10" and 5'11" basketball league** is underway at Reeder Gym. League is scheduled to begin April 12.

The deadline for the **Over 40 basketball league** registration is April 21.

Intramural soccer league play starts April 12. Registration deadline is Wednesday.

Clayton Bowling Center hours are as follows: 9 a.m. - 8 p.m. Mondays - Thursdays, 9 a.m. - 10 p.m. Fridays, noon - 9 p.m. Saturdays and 1 - 7 p.m. Sundays.

Is your child having a birthday party and you're wondering what to do? Why not have a kiddie birthday party at the Bowling Center? Special package available. For more information, call 288-5460.

Aerobic classes are available at the **Fort Kobbe Elementary School Gym**. The cost is \$1 per person. Classes are 5:45 - 6:45 p.m. Tuesdays and Thursdays, and 9 - 10 a.m. on Saturdays. For more information, call 284-3399.

Step aerobics instruction is available at Reeder Fitness Center. For more information, call 288-5201.

Reeder Fitness Center has a **Therapeutic Massage service**. Experienced masseurs cover different techniques including shiatsu, acupressure, reflexology, deep muscle massage and more. For more information or an appointment, call 288-4713/7861.

For more information on Army sports call DCA Sports at 288-5610/3866 or the **Reeder Gym** at 288-4713/7861.



photos by Spc. Kenneth K. Rockett (Tropic Times)

The gang's all there, together for fun and friendship as part of the Fort Clayton Mixed Bowling League.

The final frame

A 10-year-old Fort Clayton bowling league says goodbye

FORT CLAYTON — The Fort Clayton Mixed Bowling League celebrated its 10th anniversary and ended years of bowling fun with the final night of competition play March 18 at the Fort Clayton Bowling Center.

Since 1988, the league has been abusing the boards with a wide variety of participants as well as resulting scores.

According to Laura McDill, league

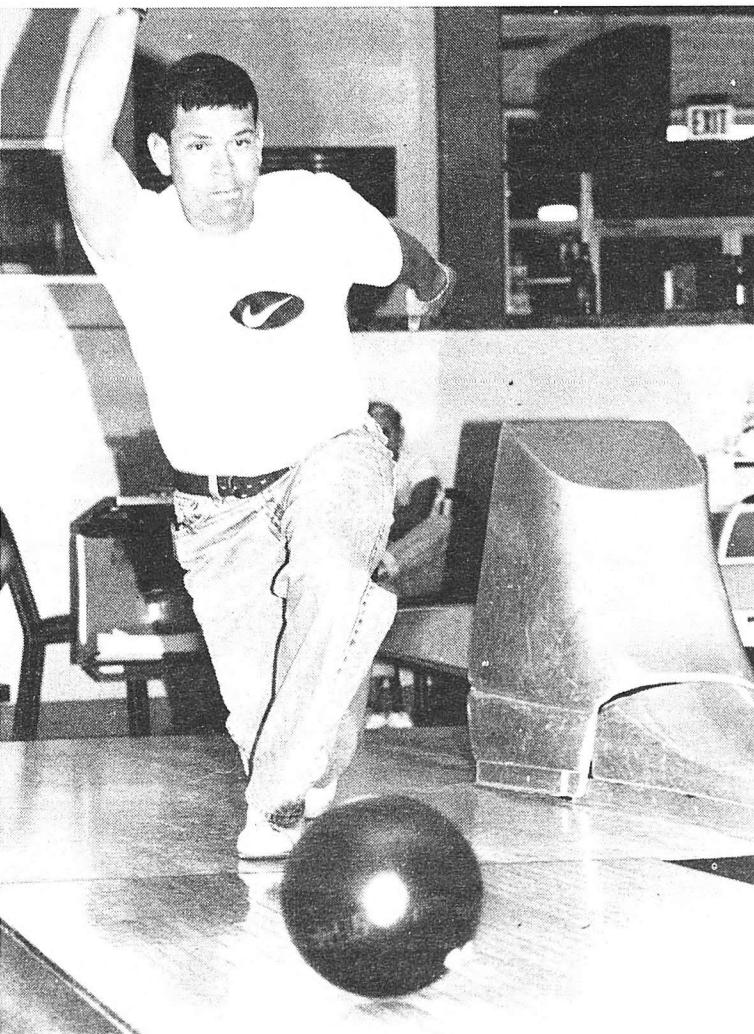
president, "This is a sad end to what has been tremendous fun for all. Even on the nights we didn't bowl well, the friendship and joking between teams made the night a refreshing diversion to everyone's busy schedule."

According to McDill, the league was originally called the DCSRMBL, since it was an idea approved by Col. William Connolly, the Deputy Chief of Staff, Resource

Management, at the time.

The idea was to provide a stress reliever for his directorate. Since then the league has moved along providing a welcomed diversion throughout numerous challenges over the years.

A final goodbye party and dinner was held March 25 recognizing season high scorers, both individual and teams, and to simply share the good old times for one last time.



Left, Javier Valdivieso shows off his smooth winning form during non-competition play as a member of the Fort Clayton Mixed Bowling League. Above, Laura McDill, Fort Clayton Mixed Bowling League president, hands a certificate of recognition to Bobby Johnson, the bowler who held the league's highest average (170) during the season, and highest series (620). For the league's end-of-an-era farewell party, all the bowlers received certificates highlighting their achievements and afterwards got a little goofy as they participated in different fun events such as "lights out" bowling.

NHL Standings

Eastern Conference

	W	L	T	Pts
New Jersey	39	22	11	89
Pittsburgh	36	25	13	85
Philadelphia	33	23	18	84
N.Y. Rangers	31	33	10	72
N.Y. Islanders	20	45	9	49

Northeast Division

	W	L	T	Pts
Ottawa	42	21	10	94
Toronto	39	28	6	84
Buffalo	33	24	15	81
Boston	32	28	13	77
Montreal	29	34	10	68

Southeast Division

	W	L	T	Pts
Carolina	31	28	16	78
Florida	27	27	18	72
Washington	29	38	6	64
Tampa Bay	17	49	6	40

Western Conference

Central Division

	W	L	T	Pts
Detroit	37	30	6	80
St. Louis	31	31	11	73
Nashville	26	41	7	59
Chicago	22	40	12	56

Northwest Division

	W	L	T	Pts
Colorado	38	26	10	86
Calgary	28	34	12	68
Edmonton	28	35	11	67
Vancouver	22	41	11	55

Pacific Division

	W	L	T	Pts
Dallas	46	15	12	104
Phoenix	37	26	12	86
Anaheim	33	28	11	77
San Jose	27	29	17	71
Los Angeles	28	40	5	61

NCAA Basketball

Eastern Conference

	W	L	Pct	GB
Orlando	22	9	.710	—
Miami	19	9	.679	1 1/2
New York	17	14	.548	5
Philadelphia	15	14	.517	6
Washington	12	17	.414	9
Boston	10	18	.357	10 1/2
New Jersey	5	24	.172	16

Central Division

	W	L	Pct	GB
Indiana	20	10	.667	—
Atlanta	19	12	.613	1 1/2
Detroit	18	12	.600	2
Milwaukee	17	12	.586	2 1/2
Toronto	15	14	.517	4 1/2
Cleveland	14	14	.500	5
Charlotte	12	16	.429	7
Chicago	9	21	.300	11

Western Conference

Midwest Division

	W	L	Pct	GB
Utah	21	8	.724	—
Houston	22	9	.710	—
San Antonio	20	10	.667	1 1/2
Minnesota	17	13	.567	4 1/2
Dallas	10	22	.313	12 1/2
Denver	8	23	.258	14
Vancouver	6	24	.200	15 1/2

Pacific Division

	W	L	Pct	GB
Portland	23	6	.793	—
L.A. Lakers	21	11	.656	3 1/2
Seattle	15	14	.517	8
Phoenix	14	16	.467	9 1/2
Sacramento	14	17	.452	10
Golden State	13	16	.448	10
L.A. Clippers	3	26	.103	20

Cayuco Race Results



Alice Findler, Liz Pennisi, and Ilka Medrano were one of the three teams from the Washington Canoe Club in Washington, D.C., who took part in the race. Missing from this team photo is Ruth O'Connell. (Top photo) Day three of the competition started off with a short sprint in Gamboa. (Right) The annual Cayuco Race consists of male, female and coed teams.



Cayuco Name	Category	Overall	Remarks
Misconception	Male	5:22:58	Male 1
Utmost	Male	5:29:56	Male 2
Defiance	COED	5:40:08	COED 1
Lone Star	COED	5:42:13	COED 2
Rio Senales	Male	5:46:35	Male 3
Rapid Transit	Male	5:54:14	Male 4
Jungle Crews	Female	6:02:22	Female 1
Sudden Impact	Male	6:16:57	Male 6
Delfin	Male	6:17:26	Male 5
Front Runner	Male	6:19:24	Male 7
Nic	COED	6:20:19	COED 3
Deception	Female	6:28:04	Female 2
Great Expectations	COED	6:28:22	COED 4
Spontaneous Combustion	COED	6:32:34	COED 5
Dyslexia	COED	6:33:37	COED 6
Dear Dick	Male	6:45:57	Male 8
Short Cut	Female	6:47:28	Female 3
Almost	COED	6:49:02	COED 9
Snafu	COED	6:52:22	COED 7
Command Performance	COED	6:59:06	COED 8
Bruised Reed	COED	7:11:19	COED 11
Situation Hopeless	COED	7:26:18	COED 10
Gone Palante	Male	7:29:38	Male 9
Dauntless	COED	7:37:58	COED 12
The Most	COED	7:40:46	COED 13
Final Most	Female	7:40:54	Female 4
Relax	Female	7:56:50	Female 5

Patch Category

Carioca	5:34:09

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Paddler challenged by Cayuco Race

Former pro circuit motorcycle racer Ted Henter became blind as a result of a car accident. Not one to sit on his laurels, Henter went back to college, became a computer programmer and started a successful software company. Along the way he also became the World Blind Water Skiing Champion, and he recently took up downhill skiing. This year marks his fifth (second as a blind person) participation in the Cayuco Race. Find out what Henter, though blind, credits his success to.

story and photos by Sgt. Paul Bouchard

Tropic Times Editor

GAMBOA – Sometimes one comes across an individual who seems to have it all together, an individual who is not only successful, but also inspiring. That's what happened to me this past weekend when I covered the annual Boy Scouts of America Ocean-to-Ocean Cayuco Race. I came across such an individual. His name is Ted Henter.

After graduating from Balboa High School in 1969, Henter enrolled at the University of Florida in Gainesville. He completed his degree, but his true passion was racing motorcycles. Henter pursued his passion and became a professional motorcycle racer.

Henter was successful as a motorcycle racer — in 1978 he finished eighth in the World Championship. But that success came to a crashing end that same year when Henter was involved in a car-accident that left him blind.

It's hard to guess how any individual faced with this predicament would react to a career-ending injury that robs you of your vision. Here's how Henter responded: "I'm a Christian. I got over it (the accident) in 10 minutes. I figured this is the way God wanted it. I just had to figure out what I would do with the rest of my life."

To date, the rest of Henter's life has been a success story. After the accident, he enrolled at the University of Southern Florida in Tampa and learned how to program computers. He then teamed up with friend and business partner Dean Blazie to make computers for blind people.

In 1986, that company, Maryland Computer Services Company, was sold. With some of the proceeds, Henter started Henter-Joyce that same year, a company that writes software to make computers talk for blind people.

Henter said his company currently employs 60 people (24 are blind). Last year's revenues totaled \$8 million.

Henter has not only been successful in the business world. This upbeat, optimistic individual who's often smiling and shaking hands with people standing next to



Henter At-A-Glance

Background: A 1969 graduate of Balboa High School, Henter went on to race motorcycles professionally in the United States and Europe. At one point he finished eighth in the world motorcycling championships. His career was cut short in a 1978 car accident that left him blind.

Reaction to the car accident that left him blind: "I'm a Christian. I got over it in 10 minutes. I figured this is the way God wanted it. I just had to figure out what I would do with the rest of my life."

Second career: Became a computer programmer after graduating from the University of Southern Florida in Tampa.

First business: Teamed up with friend and business partner Dean Blazie to make computers for blind people. Henter worked as a programmer for

the company. The company was sold in 1986.

Second business: That same year Henter started Henter-Joyce, a company based in St. Petersburg, Fla., that writes software to make computers talk for blind people. Henter currently has 60 employees, 24 of whom are blind. Last year's revenues totaled \$8 million.

Hobbies: Used to water ski competitively. Seven-time U.S. Blind Water skiing Champion. Became the World Blind Water skiing Champion in 1991. Two years ago Henter picked up downhill skiing.

Key to success: "Hard work and a positive attitude. And you have to have a good woman too."

Family: Married high school sweetheart Mel Little. Together they have three daughters — Amber, 7, Elizabeth, 16, and Emley, 18.

him, has witnessed success in new hobbies.

He was a competitive water skier for many years after his accident. Seven times he was the U.S. Blind Water Skiing Champion. And in 1991, he became the World Water Skiing Champion.

Henter, saying he achieved all he wanted in water skiing, next picked up downhill skiing as a hobby. He also said he plans to keep competing in the annual Cayuco Race here in Panama.

Asked to sum up his key to success, Henter simply responded, "Hard work and a positive attitude. And you have to have a good woman too."

Henter certainly follows his own advice. He worked hard in the business world to start a company; he certainly possesses a positive attitude; and he married his high school sweetheart Mel Little. Together they have three daughters — Amber, 7, Elizabeth, 16, and Emley, 18.



This is Ted Henter's (first on left) fifth Cayuco Race, his second as a blind person. Henter, along with his friends Julius Little, Dean Blazie and Ben Quinn, took seventh place in the Patch category. They paddled the Red-Ed.

Argentinean soldiers train with 5/87th

story and photos by Spc. Deborah Long
USARSO Public Affairs Office

FORT KOBBE - Thirty instructors from the Mountaineering School in Argentina visited Panama in order to gain important infantry training skills to take home during a platoon exchange March 20-28.

The Argentineans joined a platoon from Company A, 5/87, to learn about different training methods and the different weapons that are being used by U.S. military forces.

The week began with a six mile road march followed by simulation training.

With simulations training, the Argentines learned how



Thirty instructors from the Mountaineering School in Argentina took part in the training.

to enter and clear a building with an opposing force inside.

"They did pretty well considering they had never had any training like this before," said Sgt. 1st Class Jose Diaz, Co. A, 5/87th Infantry Division.

"The physical portion of the training is quite similar to what we do at our mountaineering school," Sgt. Maj. George Altamiranda said.

"We do everything at a little slower pace, but we get everything done."

"We have three course levels in our school, a basic,

advanced and professional," he said.

"The training we receive here enhances our instructors ability to better train our recruits," Altamiranda said.

"Here we are learning about quick-fire techniques, close combat operations, ambushes and raids and combat water survival training."

"I'm glad we have the opportunity to learn about the way the Army trains."

"When we go back we will be able to add to our training and hopefully give something more to our recruits that they can use in special jungle situations."



Rappelling was one of the training skills the Argentinian soldiers learned during the March 20-28 platoon exchange with soldiers from the 5/87th.

Rodman Security Dept., SMN, in partnership against crime

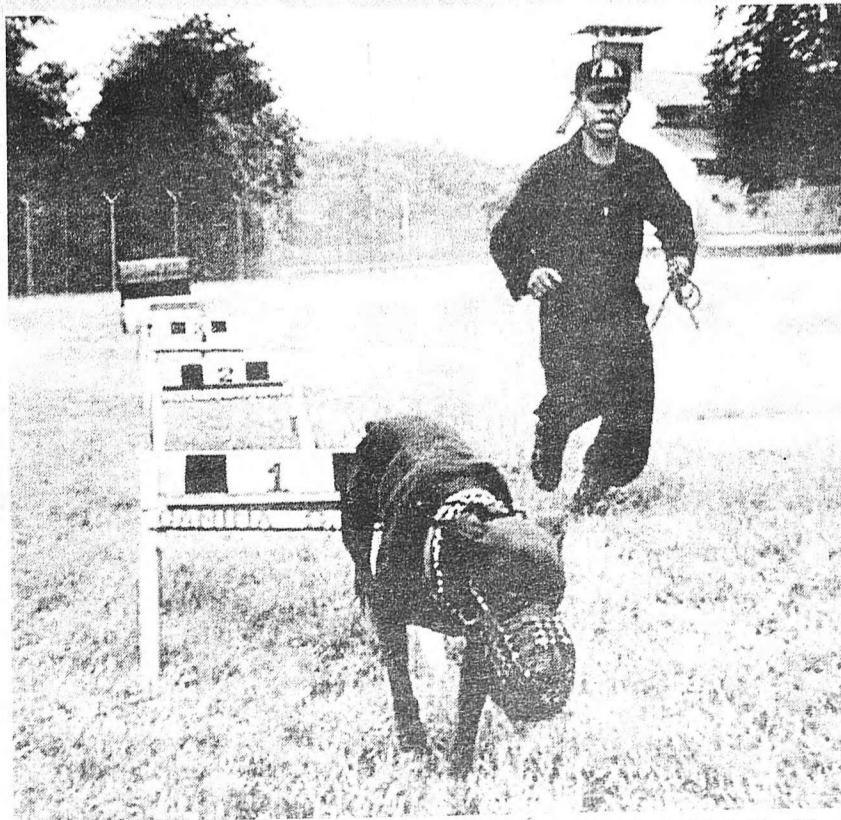
story and photo by
Master Chief Bill Trammell
Chief of Security Forces,
Rodman Naval Station

RODMAN NAVAL STATION - The Rodman Security Department and Panama's Servicio Maritimo Nacional are patrolling Rodman Naval Station in a joint effort against crime.

The SMN recently were patrolling the laydown area as part of their normal duties with their K-9 teams when they

spotted two unidentified individuals within the perimeter of the Naval Station. The K-9 team handler Carlos Navarro and his dog Conan, gave chase but were unable to locate the two fleeing suspects in the jungle.

The addition of the SMN K-9 teams has greatly increased the perimeter security of the Naval Station thus enhancing the protection of not only Rodman Naval Station assets, but the assets of the SMN.



One of the K-9 team handlers from Panama's Servicio Maritimo Nacional, Carlos Navarro, and his partner Conan, go through drills as preparation for patrols of Rodman Naval Station's perimeter.

'Burning the midnight oil'

MPs conduct vehicle inspections as part of force protection measures.

story and photo by
Sgt. Paul Bouchard
Tropic Times Editor

FORT CLAYTON - Fourteen MPs from Fort Claytons's 534th Military Police Company and 11 National Guard MPs for the 133rd MP Co. out of Florence, S.C., conducted vehicle inspections at the Curundu Elementary School parking lot in the late hours of March 24 as part force protection measures that help ensure the safety and security of all personnel on Fort Clayton.



Staff Sgt. Paul Brooks and his "best friend" Tanja, a 4-year-old Belgian Wallois trained to sniff out explosives, inspect a vehicle during the unannounced March 24 vehicle inspection. Officials said inspections like these will continue throughout the drawdown.

Movies

Page B5: AAFES theaters have fantastic films to feed your flick fever. The past meets the present in the movie "Blast From The Past." Brendan Fraser emerges from the bomb shelter where he's spent his life sparking a romantic comedy.



Wine Tasting

The American Society of Panama invites you to a Wine Tasting 6 - 9 p.m. April 14 at the Felipe Motta Wine Store. Come join us and enjoy the wide variety of wines presented by experts. Dress for the occasion is business attire. For tickets, call Charlotte Pierce at 260-8619, or Clarita Smith at 264-8427.

Panama Canal transit

The Teruño Association and Postal Professionals are hosting a full Panama Canal transit boat ride 7 a.m. April 17 aboard the Calypso Queen ship. The ship departs Balboa Pier 18. Cost is \$60/person. For tickets, call Staff Sgt. Francisco Hernandez at 288-4802 or Vicente Anderson at 272-2961.



Tropictivities

April 1, 1999

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

Page B1



This marvelous mountain view of Altos de Campana is unlike any in Panama. As you drive up the mountain, you can see several rivers emptying into the ocean.

Chica's cool village mountain top retreat

One of Panama's most beautiful, picturesque weekend getaways

Story and photos by Rosemary Chong

Tropic Times chief

When people think of a weekend getaway in Panama, they usually think "beach." While Panama is home to some awesome beaches, there is another landscape that offers a chance to leave the city behind and take in some gorgeous sights – the mountains.

The picturesque village of Chica, located only an hour's drive away from Panama City, is worth a visit if you want to enjoy a cool climate, a splendid panorama, and the beauty of tropical flowers grown by the inhabitants.

Chica belongs to the Chame District. It can be reached in one of the small buses that park alongside the Capira market on the Interamerican Highway and which leave every hour on the hour on weekdays.

To travel the 12 kilometers before reaching Chica on one of these buses through the forest preserve of Altos de Campana is certainly an adventure. Chica is populated by approximately 150 families, most of who make a living from agriculture and diverse types of flowers that grow very well due to the cool climate.

The main road of access to Chica is through the town of Campana. The road is under repairs, but this is compensated by the marvelous mountain view.

As one drives up the mountain one can see several rivers emptying into the ocean, part of the Altos de Campana forest preserve, as well as flora and fauna.

Another way to reach Chica is by bus from Panama City, and transfer in the town of Bejuco to a bus on the Chame-Sora route.

For those who want to take a trip to Chica, it is important to know that there are no lodging facilities in the village proper. The only possibility is quite a distance from Chica, but offers small rooms for singles or families. The mild climate, lovely setting and peaceful surroundings have attracted numerous people who have built summer homes in this location. Another attraction is the numerous waterfalls where one can enjoy a refreshing swim.

Visitors will enjoy the spectacular sunsets, and will be delighted with the singing of the numerous species of birds that abound in the lush forest.

The flower growers are mostly women who sell their product to increase their income, although this is not such a lucrative business.

Project Veranera is located in Chica. It is a flower-growing venture sponsored by the Office of the First Lady of Panama.

Many different types of flowers are cultivated here, especially the many varieties of bougainvillas.



Another beautiful attraction this region of Panama has to offer is the numerous waterfalls where one can enjoy a refreshing swim.

Trips and tours

Air Force

◆Outdoor Recreation: 284-6107

Tours depart from Howard Theater.

Locks tour 9 a.m. - 4 p.m. Saturday, \$12. Take a trip back to the 1600s and see the beautiful architecture of Colonial Panama. Visit such historical sites as the French Plaza, the National Cathedral, the Church of the Golden Altar and the National Theater.

Peacock Bass fishing 5 a.m. - 2 p.m. Saturday, \$25. Be prepared to catch a boat load of fish while peacock bass fishing near Arenosa Village on Gatun Lake. Bring your own fishing gear, lunch and refreshments. Transportation, boat with guide, bait, ice and coolers for fish and fish cleaning are provided.

Drake's Island snorkeling trip 7 a.m. - 5 p.m. Sunday, \$22. *Isla Drake*, the historical burial site of Sir Francis Drake, located on the Atlantic side near Portobelo, offers a unique opportunity to the novice snorkeler to explore a reef, see exotic fish and enjoy the beautiful Atlantic Ocean.

Jungle canopy tour 7 a.m. - 5 p.m. Sunday, \$55. Get a unique view of the jungle's canopy on this exciting tour. You will traverse from cable to cable through the jungle tops, just like the

monkeys do. This adventure features a canopy tour of El Chorro Macho in El Valle.

Ecological Canal tour 9:30 a.m. - 5 p.m. Wednesday, \$60. Don't miss this unique tour of the Las Americas Inter-oceanic National Park. Includes a boat ride along the Panama Canal and Gatun Lake, a visit to a Chocoe Indian village, barbecue meal, drink and a tour guide. Don't forget your camera.

Panama Museums tour 9 a.m. - 3 p.m. April 9, \$10. Visit the Natural Science, Reina Torres and the New Canal Museums in Casco Viejo. Discover the culture, art, history, flora and fauna of this wonderful country. Bring some extra money to pay for the small entrance fees and for lunch.

Chagres River canoeing and barbecue 8 a.m. - 2 p.m. April 10, \$20. You'll love the thrill of this canoe trip down the beautiful, mighty Chagres River. Cost includes transportation, guide, canoes, safety equipment and a delicious barbecue lunch. Bring sunscreen, hat, snacks and drinks for the river trip.

Portobelo and Langosta Beach tour 7 a.m. - 4 p.m. April 10, \$14/person. The historic site of Portobelo is located on the Atlantic coast in a large and beautiful bay which once had the capacity for

as many as 100 Spanish galleons. After Portobelo, we will stop at Langosta Beach where you can snorkel, go shelling or sun bathe. Be sure to bring coolers with drinks, beachwear and snorkeling gear.

Army

◆Outdoor Recreation Center: 288-7355/6453

Reservations for outings are underway at Building 178, Fort Clayton.

Horseback riding at Cermeño Saturday.

Snorkel/dive trip at Portobelo April 10.

El Valle tour April 14 and 18.

Canoeing the Chagres April 17.

Snorkel/dive at Isla Grande April 24.

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

◆Valent Recreation Center: 288-6500

Make early reservations for tours:

Visit historic Panama City founded in 1506 and destroyed and sacked by pirate Henry Morgan. Tour the *Casco Viejo* founded in 1676, reminiscent of its Spanish and French heritage. Stop at

San Jose Church to see their **Golden Altar**, the **National Theater**, **Las Bovedas** and the new **Canal Museum**.

Isla Grande 6:30 a.m. Saturday. Stop at **Portobelo** to see the Black Christ.

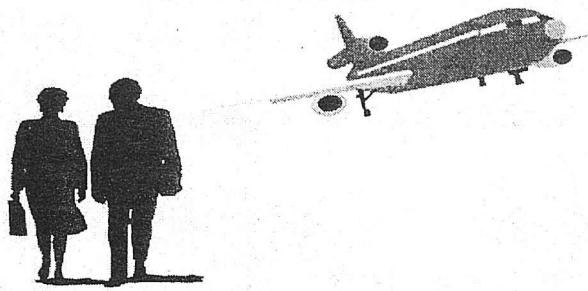
El Valle 6:30 a.m. Sunday. Enjoy shopping in the native market which is only open on Sundays. You'll be able to purchase handicrafts such as soapstone carvings, bateas, and pottery. *El Valle*'s lush vegetation, colorful flowers and waterfalls make it one of the most popular tourist attractions in Panama. Visit the handicrafts market. Enjoy lunch at *Hotel Campestre*. Don't forget your camera.

Shopping tour 9 a.m. - 4 p.m. Thursday. Visit Central Avenue, *El Dorado* and *Los Pueblos* shopping malls, the most popular shopping area in town. For more information, call the center.

Dinner tours 7 p.m. Fridays. A different restaurant is visited each week.

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

EMPLOYEES DEPARTING PANAMA BRIEFINGS



WHAT YOU MUST KNOW BEFORE PCSING

- Travel Orders, TQSE, Miscellaneous Expenses
- Transportation - Housing - Real Estate, etc.

**THERE WILL BE FOUR SESSIONS HELD
AT THE DIRECTORATE OF CIVILIAN
PERSONNEL TRAINING & DEVELOPMENT
CENTER**

BLDG 6523 - ROOM 2

MARCH 31 0900 and 1300

APRIL 1 0900 and 1300

**PLEASE CALL GUADALUPE MANTOVANI
AT 285-5112 or LIDIA WRIGHT AT 288-3039
TO RESERVE YOUR SPACE.**

Rec center news

Air Force

◆Howard Community Center: 284-6161

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

Linen show and sale 11 a.m. - 3 p.m. today. Come by and see for yourself.

Panama Canal historical photos exhibition 11 a.m. - 3 p.m. Tuesday. Free.

Tournament of champions 5 p.m. April 10. Bring your partner or just come alone and claim part of this championship.

◆Howard Skills Development Center: 284-6361

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

◆Outdoor Adventures: 284-6107

Rent **Howard bohios** and **pools** for private parties or squadron functions.

If you wish to serve alcohol, you must submit a **letter of request** to the 24th Support Group deputy commander at least four working days before the event.

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

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

Army

◆Valent Recreation Center: 288-6500

Private tours for 10 - 15 people can be arranged. Advance reservation and payment required for any tours listed or other local tours. The center also provides music rooms, movies on weekends, slot machine, pool tables, ping pong tables and rental service.

Arts and crafts

Air Force

◆Howard Skills Development Center: 284-6361

The center accepts commercial credit cards.

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

Youth ceramic project 10 - 11 a.m. today, \$5. A minimum of four students required.

Youth stamping class 1 - 2 p.m. Friday, \$5.

Artificial flower arranging 10 a.m.

- noon Saturday, Sunday and April 10, \$10 plus supplies. One lesson.

Stained glass workshop 10 a.m. - 1 p.m. Saturday, Sunday and April 17, \$12.50 plus supplies. Three lessons.

Army

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

Drawing and acrylic painting 2 - 4 p.m. Sundays and 7 - 9 p.m. Wednesdays. **Watercolor and oil painting techniques** 7 - 9 p.m. Thursday. Painting supplies are not included in the fee. Register in advance. Call for details.

Crafts classes available:

Pottery class 1 p.m. Wednesdays.

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

Framing instruction 6:30 - 9 p.m. Thursday. Call for details.

Guitar construction 7 - 9 p.m. Thursday.

◆Fort Clayton Ceramics Shop: 288-4360

Ceramic instruction available: Learn the fine art of ceramics. Classes are offered at all levels.

Beginner's ceramic painting 6 - 8 p.m. Thursdays. Fee is \$20.

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

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

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

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

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

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

Advance registration required for the following courses:

Clay Flower making 11 a.m. - 1 p.m. Sundays, \$15. Four sessions. Join us at the center and don't miss the wonderful class.

Learn to apply Fiesta Color 2 - 4 p.m. Sundays. Cost \$20. Four sessions.



Atlantic news

Army

◆ Ocean Breeze Recreation Center: 289-6699

Take advantage of the last opportunity to join the center's tour to **Cartagena, Colombia** April 23 - 26. Cartagena is a city full of contrast. Visitors can see a burro hitched to a homemade cart parked next to a Mercedes. An ancient 16th century wall surrounds the city that contains a modern convention center and luxury hotels. On the same street, shoppers can pay thousands of dollars for precious emeralds cut from the heart of the country, or pennies for an *empanada* made by a little old lady.

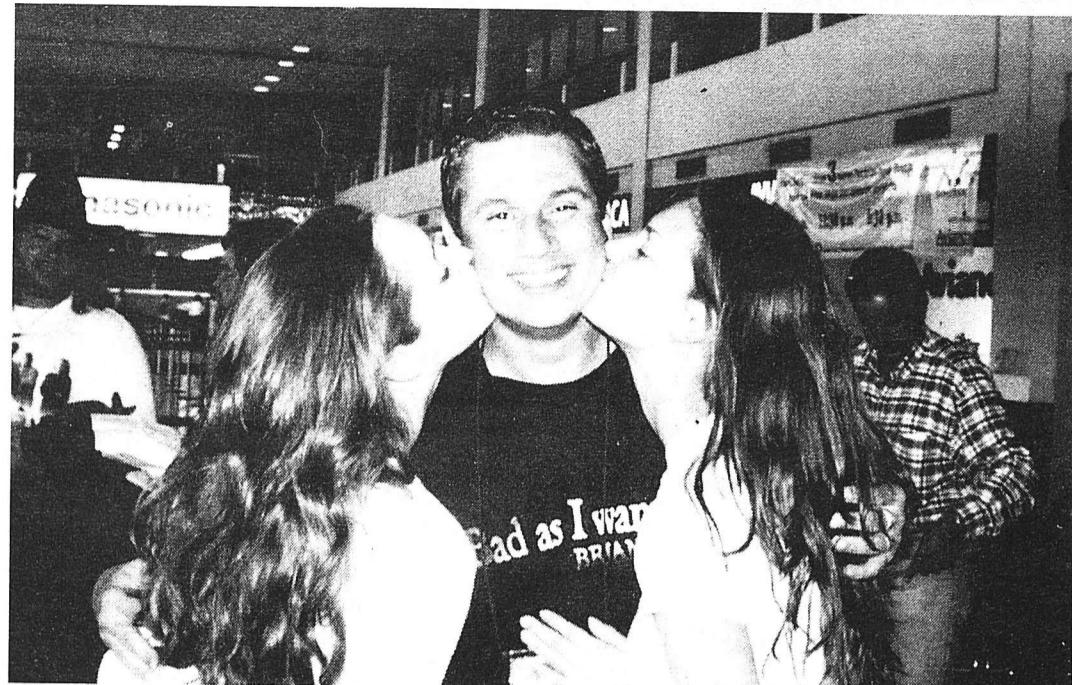
Deep Sea Fishing April 24. Reservations are being accepted until April 9. Fee is based on the number of participants.

Upcoming is an **overnight tour to Contadora Island** April 17 - 18. For more information, call the center. This beautiful island of the *Perlas Archipelago* on the Ocean is located only 15 minutes by air from Panama City.

◆ Sherman Rental Center: 289-6104

Motorboat operator's safety classes are held 10 a.m. Saturdays at the Sherman Lagoon. Fee is \$10. Space is limited to the first 10 participants. Sign up in advance. Call your Recreation Center now.

Charters aboard the pontoon boat: Great for fishing or cruises. Fee is \$30 hourly and includes captain, crew, tackle and ice. Maximum 10 persons. For more information, call the center.



(Courtesy)

Good-bye

Singers from the Alexia and Ashley group kiss Miguel Briceño, one of the concert coordinators good-bye. The group had a large audience at Fort Clayton's Party in the Park Friday.

Special events

Easter Sunrise Service

◆ Mi Pueblito Ancon Hill

The Society of Friends of the West Indian Museum is hosting a Easter Sunrise Service 6 a.m. Sunday at *Mi Pueblito Ancon Hill*. Come join us and enjoy the delicious breakfast served after the service. For more information, call the *Afroantillo* Museum at 262-1668 or CL Gobern at 272-2262.

Wine Tasting

◆ American Society of Panama

The American Society of Panama invites you to a Wine Tasting 6 - 9 p.m. April 14 at the Felipe Motta Wine Store. Come join us and enjoy the wide variety of wines presents by the experts. Dress is business attire. For tickets, call Charlotte Pierce at 260-8619, Clarita Smith at 264-8427, Joyce Rudd at 2236-6709, Robert Hellyer at 263-6011 or Fred Denton at 223-2215.

Panama Canal transit

◆ Panama Canal

The Teruño Association and Postal Professionals are hosting a full Panama Canal transit boat ride 7 a.m. April 17 aboard the Calypso Queen ship. The ship departs Balboa Pier 18. Cost is \$60/person. For tickets, call Staff Sgt. Francisco Hernandez at 288-4802, Vicente Anderson at 272-2961, Manuel Gonzalez at 284-3012 and Ernesto Anderson at 284-4004.

Shops and classes

Air Force

◆ Howard Community Center: 284-6161

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

◆ Howard Pool: 284-3569

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

Water Aerobics 8:30 - 9:30 a.m. Tuesdays and Thursdays, \$2/class, call for more information.

◆ Howard Auto Skills Center: 284-3370

Hours: 11 a.m. - 7 p.m Tuesdays - Thursdays, 11 a.m. - 6 p.m. Fridays, 9 a.m. - 5 p.m. Saturdays, 11 a.m. - 5 p.m. Sundays and closed Mondays and holidays.

Vehicle resale lot: Planning to sell your car? Contact Auto Skills at Howard.

Services: Towing 11 a.m. - 7 p.m. Tuesdays - Thursdays, 11 a.m. - 6 p.m. Fridays, 9 a.m. - 5 p.m. Saturdays (as long as a qualified driver is on duty). If a tow extends beyond 5:30 p.m., there is an additional hourly charge. Air conditioning repair, brakes, oil changes, tune-ups, front-end alignment and welding available.

Vehicle inspection services 11 a.m. - 7 p.m. Tuesdays - Thursdays, 11 a.m. - 6 p.m. Fridays, 9 a.m. - 5 p.m. Saturdays, 11 a.m. - 5 p.m. Sundays self help and closed Mondays. Cost is \$10.25. Have your vehicle inspected at the center in Building 722. Vehicles cannot be left for inspections. Call the center for details.

◆ Howard Wood Skills Center: 284-4510

For wood shop needs, please contact the **Fort Clayton Wood Shop**.

Army

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

Fishing enthusiasts are invited to participate in a **Bass Fishing Tournament** through May. There's a \$50 cash prize per month and a \$200 cash prize for the Grand Finale. Register now at Building 178, Fort Clayton.

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

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

Open-water dive classes begin Mondays. Minimum of six people required. Includes pool sessions, theory sessions and open-water dives. Register in advance.

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

◆ Auto Craft Center:

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

The **shop features** work-area bays, electric lifts, instructions and classes.

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

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

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

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

◆ Fort Sherman Auto Shop Building 153:

Hours of operation: noon - 4 p.m. Sundays, closed Mondays and Tuesdays, 4 - 8 p.m. Wednesdays, Thursdays and Fridays and 10 a.m. - 6 p.m. Saturdays and holidays.

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

◆ Valent Recreation Center: 288-6500

New hours of operation: 9 a.m. - 9 p.m. Mondays - Fridays, noon - 9 p.m. Saturdays, Sundays and holidays. Register for ongoing classes.

Spanish headstart class, eight week course, meets twice a week. **Intermediate**



Spanish classes available.

Fee includes manual. For more information, call the center.

Piano classes Mondays - Thursdays, half-hour sessions.

Basic English classes 10 a.m. -

12:10 p.m. Tuesdays and Thursdays.

Intermediate English Mondays and Wednesdays. For more information, call the center at 288-6500.

Employment

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

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

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

* Until further notice, the written test for all temporary appointments to clerical positions at grades NM-2, 3, and 4 is waived.

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

56th Signal Battalion Open Continuous Announcements

OPEN: 10-17-97 CLOSE: Will remain open until further notice

NOTE: The announcements listed below will be used to fill recurring (temporary/permanent) vacancies within various divisions of the 56th Signal Battalion. Interested candidates should ensure that their application package is complete in order to receive proper consideration (i.e. SF171, OF-612, Resume, DD-214 if claiming veteran's preference, SF-50, current performance appraisal).

NON-MANUAL POSITIONS:

VB# 21SIG Telecommunication Specialist, NM-391-11
VB# 26SIG Telecommunication Specialist, NM-391-09
VB# 30SIG Telecommunication Specialist, NM-391-7/9

Directorate of Community Activities, CRD, Open Continuous Announcements

OPEN: 03-05-99 CLOSE: Will remain open until further notice

VB# 212-99-SC Recreation Assistant, NM-189-04
VB# 213-99-SC Recreation Assistant, NM-189-04
VB# 214-99-SC Recreation Specialist (Outdoor Activities), NM-188-09
VB# 215-99-SC Recreation Specialist, NM-188-07
VB# 216-99-SC Recreation Assistant, NM-189-05
VB# 217-99-SC Supervisory Recreation Assistant, NM-188-09
VB# 08A-99-SC Recreation Assistant (Life-guard), NM-189-04

VB# VACANCIES, TITLE AND LOCATION
OPEN: 04-02-99 CLOSE: 04-13-99

235-99-SC RECREATION SPECIALIST, NM-188-05/07. DCA, Sports and Leisure Division, Valent Recreation Center, Fort Clayton, Panama. Spec. Exp.: 1 yr. equiv. to NM-05 for NM-07. For NM-05: 3 yr. general exp., 1 yr. of which is equiv. to NM-04. NOTE: Applicants must complete background check supplemental forms and attach to application. Tour of Duty - Irregular to include nights, weekends and holidays. Position can be filled at either grade level. Must be bilingual (Spanish/English). Driver's License is required. Irregular work schedule is required: nights, weekends and holidays. Temporary NTE: 09/01/99.

236-99-SC PANAMA CANAL TREATY OFFICER, NM-301-12. HQ SOUTHCOM Center for Treaty Implementation, Corozal, Panama. Spec. Exp.: 1 yr. equiv. to NM-11. NOTE: Must have knowledge of Spanish. Temporary NTE 12/31/99.

237-99-SC TREATY COORDINATING SPECIALIST, NM-301-11. HQ USSOUTHCOM Center for Treaty Implementation, Fort Clayton, Panama. Spec. Exp.: 1 yr. equiv. to NM-09. NOTE: Must be able to obtain security clearance. Must possess knowledge of Spanish. Temporary NTE 12/31/99.

240-99-SC COMPUTER SPECIALIST, NM-334-09. TSB, DOC, Contract Admin. Div., Corozal, Panama. Spec. Exp.: 1 yr. equiv. to NM-07. NOTE: Temporary NTE 11/30/99.

Club news

Clayton

◆The Loop: 288-7035.

Enjoy the sports games on the TVs available in CJ's Sports Bar and Grill. Delicious appetizers available. **Lunch** is 11:30 a.m. - 1:30 p.m. Mondays - Fridays, **dinner** 5 - 9 p.m. Mondays - Fridays and 4:30 - 9 p.m. Saturdays and Sundays.

Prizmz opens until 11 p.m. Wednesdays and Thursdays, 1 a.m. Fridays, Saturdays and Sundays.

Ladies night 9 p.m. Saturdays.

Select your favorite tunes tonight at 5 p.m. Over 100 CDs to choose from the 1950s to the 1990s.

◆Clayton Community Club: 288-4716.

The Forum features Chef Rangel's special buffets. **Country buffet** 5 - 9 p.m. Wednesdays features from ham hocks and fried chicken to black-eyed peas. **Seafood** Fridays. Each evening is a treat on its own.

Sunday brunch 10:30 a.m. - 1:30 p.m. The best deal in town, best value and best entertainment. Enjoy the hot and cold entrees, salads, breakfast items, pastries and desserts. Great food and background music.

The club features a **special buffet** 4:30 - 8 p.m. Sundays in the ballroom. Members pay \$5.95, special rate for children 5 to 11-years-old and under 5 free. Non-member fee available.

Entertainment: Enjoy **Disco** Wednesdays, Fridays and Saturdays in the Ballroom.

The Corral is open 7 p.m. - 2 a.m. Wednesdays, Fridays and Saturdays. Join in for great country sounds.

Tecno Latin Sounds 9 p.m. Wednesdays, Fridays and Saturdays at The Underground.

◆Casa Maria: 288-5767

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

◆La Mola Café: 288-4202

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

◆Cafe 519: 288-6007

Breakfast 6 - 11 a.m. Mondays - Fridays. **Lunch** 11 a.m. - 2 p.m. with hot specials, a salad bar and sandwiches. Enjoy a **special buffet** Thursdays.

◆STRAC Jr. Club: 283-4119

STRAC Jr. Club is now open at Cocoli 5 - 10 p.m. Thursdays - Sundays. Snacks and pool table are available.

Sherman

◆Sherman Community Club: 289-6116/6198

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

Fast food menu items served 5 p.m. Sundays - Tuesdays, 6 p.m. Wednesdays - Saturdays.

Howard

◆Howard Club-Building 113: 284-4680.

Two Can Officers' Lounge, super social hour 5:30 - 7 p.m. Fridays. Live entertainment, DJ, great food and company starts at 5:30 p.m.

Pub Fare

5 - 9 p.m. Wednesdays - Saturdays.

◆Tropic Breeze Club-Building 710: 284-4189

Cashiers hours: 10 a.m. - 9 p.m. Saturdays - Wednesdays, 9 a.m. - 9 p.m. Thursdays, 9 a.m. - noon Fridays.

Closed for lunch 1:15 - 2 p.m. daily.

"A la Carte" Sunday breakfast

9 a.m. - noon. Eggs-to-order, pancakes, bacon, sausage, omelets, fresh breads, croissants and more.

A la Carte breakfast

6 - 9 a.m. Mondays - Fridays.

International lunch buffet

11 a.m. - 1:30 p.m. \$4.95. **Fridays:** Southern buffet. **Mondays:** All American. **Tuesdays:** Italian. **Wednesdays:** Mexican. **Thursdays:** Oriental.

All ranks a la carte dining

5:30 - 9 p.m. Wednesdays - Saturdays. A great menu with appetizers, salads, soups and entrees to please everyone.

Breezeway

open 11 a.m. - 10 p.m. Mondays - Wednesdays and Thursdays, 11 a.m. - 11 p.m. Tuesdays and Fridays, 11a.m. - 11:30 p.m. Saturdays and Sundays, noon - 11 p.m. Sundays.

Steak out

2:30 - 8 p.m. Sundays.

◆Tropic Breeze Club Ballroom

Open for special functions only.

◆Tropic Breeze Club Casual Cove: 284-4189.

Open 11 a.m. - midnight Mondays, Wednesdays and Thursdays.

Members super social hour

11 a.m. - 1:30 a.m. Fridays.

Pool tournaments

6 p.m. Fridays followed by Alternative Rock, and Tecno.

Variety music

noon - midnight Saturdays and 9 p.m. Sundays.

Karaoke evening with Rick

6 p.m. Sundays and 11 a.m. - 2 a.m. Tuesdays.

Wednesday night

new draft beer special.

Country dance lesson

7:30 p.m. Thursdays.

Members night and club card drawing

6:30 p.m. Thursday. Social hour reduce price 4:30 - 7:30 p.m.

◆Top 3 Enlisted Lounge: 284-4189

Live jazz 6:30 - 11 p.m. Sundays. All enlisted are welcome.

Open

4 - 9 p.m. Mondays - Thursdays and 4 - 11 p.m. Fridays.

Boss and buddy night

social hour snacks 5:30 - 6:30 p.m. Mondays.

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

Build your own breakfast 6 - 10 a.m. Saturdays, Sundays and holidays.

Weekly lunch and dinner

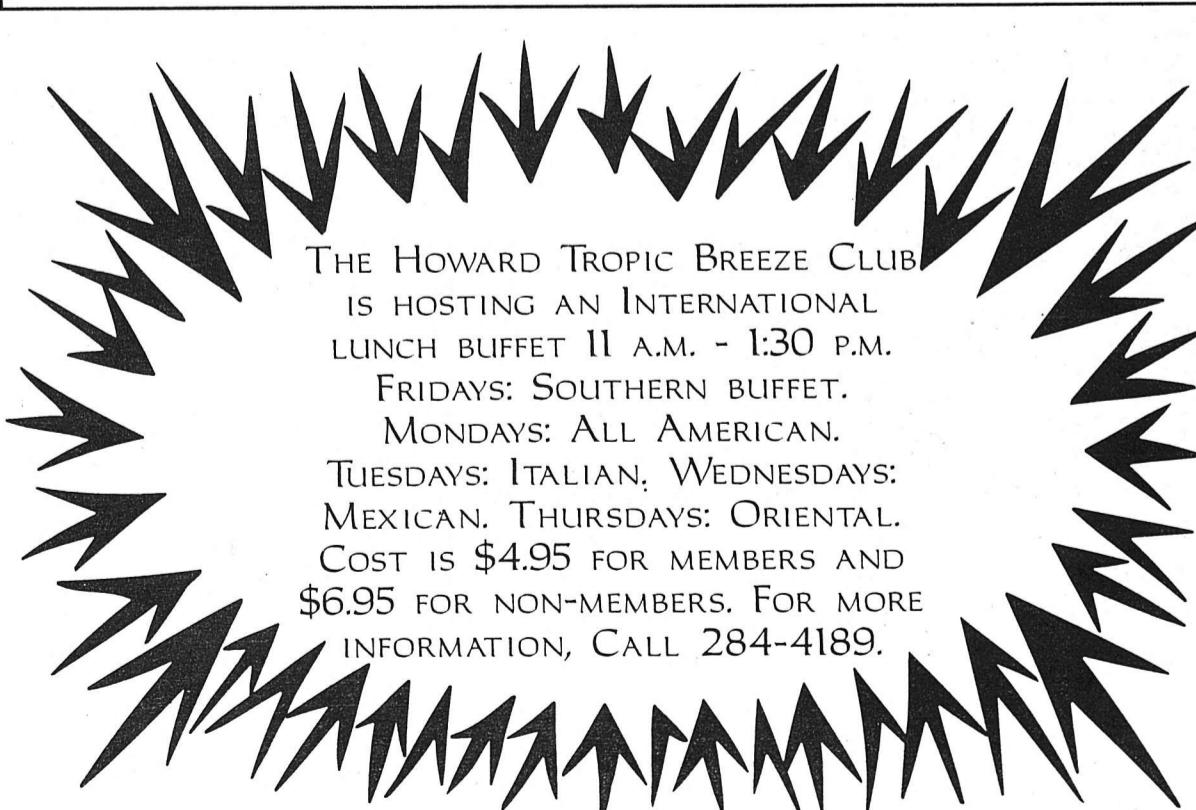
10 a.m. - 8:30 p.m. Mondays - Thursdays, 10 a.m. - 9:30 p.m. Fridays, 6 - 9:30 p.m. Saturdays and 6 a.m. - 8:30 p.m. Sundays and holidays.

Mongolian barbecue

5:30 - 8:30 p.m. Monday, \$8.95 for the first 8-ounce and \$4.95 for the vegetarian version.

◆Cafe Seven-O-Seven-Building 707: 284-5848

Open 6 a.m. - 7 p.m. Monday - Friday. Try our deli sandwiches and pastries.





Location	Friday	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday
Howard AFB 284-3583	2 pm: <i>The Prince of Egypt</i> ** 6:30 pm: <i>A Civil Action</i> 8:45 pm: <i>A Simple Plan</i>	4 pm: <i>Message in a Bottle</i> ** 6:30 pm: <i>The Other Sister</i> * 9:10 pm: <i>A Simple Plan</i>	4:15 pm: <i>Patch Adams</i> ** 6:30 pm: <i>Blast From The Past</i> * 8:30 pm: <i>A Simple Plan</i>	7 pm: <i>The Other Sister</i> * 8:30 pm: <i>A Simple Plan</i>	7 pm: <i>A Simple Plan</i>	7 pm: <i>The Other Sister</i> *	7 pm: <i>Varsity Blues</i>
Fort Clayton 288-7279	2 pm: <i>Star Trek: Insurrection</i> ** 6:30 pm: <i>The Other Sister</i> * 9:10 pm: <i>Varsity Blues</i>	4:15 pm: <i>Patch Adams</i> ** 6:30 pm: <i>Blast From The Past</i> * 8:30 pm: <i>A Simple Plan</i>	4:30 pm: <i>Star Trek: Insurrection</i> ** 6:30 pm: <i>The Other Sister</i> * 9:10 pm: <i>The Faculty</i>	7 pm: <i>A Simple Plan</i>	7 pm: <i>The Other Sister</i> *	7 pm: <i>Varsity Blues</i>	7 pm: <i>A Simple Plan</i>

Theater News

Movie Guide Rating

All movies are subject to change depending on arrival in country

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

AAFES Home Page: www.panama.phoenix.net/~aafespan.default.html

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

Now showing

A Civil Action

John Travolta, Kathleen Quinlan

Attorney John Travolta and his small law firm are hired to sue industrial giants accused of contaminating two water wells in a small Massachusetts town. Kathleen Quinlan plays a mother whose son mysteriously died of leukemia. Robert Duvall is the defender of the industrial conglomerates, and John Lithgow acts as the presiding district judge. PG-13, 1 hr, 52 min.

A Simple Plan

Bill Paxton, Billy Bob Thornton

The quiet, rural lives of three men erupt into conflicts of greed, paranoia and distrust when they discover \$4 million in cash in a small airplane. Their simple plan to retain the money while avoiding detection opens a Pandora's Box. R, 2 hrs, 1 min.

Blast From The Past

Brendan Fraser, Alicia Silverstone

Brendan Fraser emerges from the bomb shelter where he's spent his life sparking a romantic comedy that also features Alicia Silverstone, Christopher Walken, Sissy Spacek and Dave Foley. PG-13, 1 hr, 46 min.

Message in a Bottle

Kevin Costner, Robin Wright

Walking along a deserted stretch of coastline, Robin Wright discovers a romantic letter in a bottle. Her own desire for romance motivates a search for the heartbroken author. A dedicated effort leads her to a widowed sailboat builder, played by Kevin Costner. As friendship and love develop, Costner struggles with his past and a new found passion. PG-13, 1 hr, 50 min.

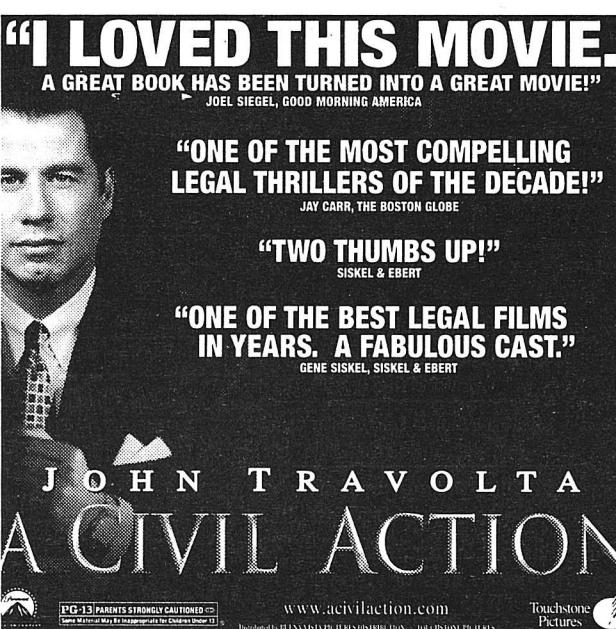
Patch Adams

Robin Williams, Monica Potter

Robin Williams stars as a medical student who believes that laughter is the best medicine. While dangerous to his career prospects, his funny antics also challenge the industry to consider the healing powers of humor. Based on a true story. PG-13, 1 hr, 55 min.



Showing Saturday at the Fort Clayton Theater.



Showing tonight at the Howard Theater.

Star Trek: Insurrection

Patrick Stewart, Jonathan Frakes

Jean-Luc Picard travels to a planet that is a virtual fountain of youth. He discovers a dark conspiracy and leads an armed resistance in order to protect the alien inhabitants of the idyllic world. PG, 1 hr, 43 min.

The Faculty

Elijah Wood, Josh Hartnett

Elijah Wood suspects his high school faculty of being more than a little alien. After some investigation, Wood discovers a group of creatures (feeler) have taken on the teachers forms and are planning to take over his small Texas town. It's up to Woods and a breakfast club assortment of students to stop the alien invasion. R, 1 hr, 41 min.

The Other Sister

Juliette Lewis, Diane Keaton

Garry Marshall directs Juliette Lewis and Diane Keaton as daughter and mother who butt heads over the girl's goals and choices. PG-13, 2 hrs, 4 min.

The Prince of Egypt

Animated

In Egypt, a desperate mother defies the Pharaoh's command that male Hebrew babies be drowned. God guides her son to the queen where he is raised as the brother to the heir of the throne. Eventually, Moses discovers his true identity as God's messenger. PG, 1 hr, 32 min.

Varsity Blues

Jon Voight, Amy Smart

Jon Voight plays the uncompromising head coach of a premier high school football team. While leading the team to another division title, his star quarterback suffers a season ending injury, thrusting second stringer James Van Der Beek into the limelight. Reluctant to accept the role, Van Der Beek struggles with the pressures of becoming a gridiron hero. R, 1 hr, 46 min.



Howard AFB

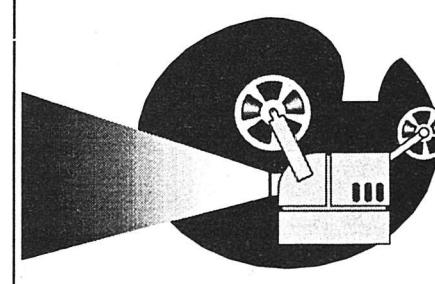
6:30 pm: At First Sight
(PG-13) Val Kilmer, Mira Sorvino

8:50 pm: Analyze This
(PG-13) Robert De Niro, Billy Crystal

Fort Clayton

6:30 pm: She's All That
(PG-13) Freddie Prinze Jr., Rachael Leigh

8:30 pm: Virus (R)
Jamie Lee Curtis, Donald Sutherland



Early morning & daytime TV programming

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

Channels 8 & 10	Friday, April 2	Saturday, April 3	Sunday, April 4	Monday, April 5	Tuesday, April 6	Wednesday, April 7	Thursday, April 8
	6:00 NBC News At Sunrise 7:00 Today Show 9:00 Sesame Street 10:00 Barney & Friends 10:30 Kiana's Flex Appeal 11:00 The Oprah Winfrey Show 12:00 Headline News 12:30 Wheel Of Fortune 1:00 Port Charles 1:25 Guiding Light 2:15 General Hospital 3:00 Sylvester & Tweety Mysteries 3:30 Kratt's Creatures 4:00 Xena: Warrior Princess 5:00 Jeopardy! 5:30 Showbiz Today See Prime Time table 12:30 ESPNNews 1:00 Ben Hur (TV-PG) 5:00 Headline News 5:30 ESPNNews	6:00 Showbiz Today 6:30 Classic Cartoon 7:00 New Adventures Of Winnie The Pooh 7:30 Muppet Babies 8:00 The Little Mermaid 8:30 Animaniacs 9:00 Aaahh! Real Monsters 9:30 Are You Afraid of the Dark? 10:00 America's Family Kitchen 10:30 California's Gold 11:00 Headline News 11:30 Navy/Marine Corps News 12:00 The Entertainers 12:30 WWF Superstars 1:00 Headline News 3:30 CNN/SI 4:00 Headline News 4:30 NHL Hockey: Flyers at Bruins See Prime Time table 12:00 Baywatch 1:00 Barabbas (TV-G) 3:30 Single But Not Alone 4:00 Relig Specials General The Jews of Rhodes in Los Angeles 5:00 Headline News 5:30 Hour Of Power	6:00 The Coral Ridge Hour 6:30 Outreach of Love 7:00 The Field Afar 7:30 Day of Discovery 8:00 Sunday Today 9:00 SCN Special: The Easter Bunny Is Coming To Town 10:00 Dr. Quinn Medicine Woman 11:00 PGA Golf: Bell South Classic (Final Round) 12:00 NBA Basketball: Knicks at Pacers 1:00 Headline News 2:30 The Candidate 1:00 Hercules: Legendary Journeys 12:00 Austin City Limits 1:00 Friday Night 2:00 Videolink 3:00 The Candidate 5:00 Headline News 5:30 NBC News At Sunrise	6:00 Today Show 8:00 Headline News 8:30 Showbiz Today 9:00 Sesame Street 10:00 Mister Rogers' Neighbrhd 10:30 Kiana's Flex Appeal Coming To Town 11:00 The Oprah Winfrey Show 12:00 Headline News 12:30 Wheel Of Fortune 1:00 Port Charles 1:25 Guiding Light 2:15 General Hospital 3:00 Bonkers 3:30 Superman 4:00 In The Mix 4:30 All That America 5:00 Jeopardy! 5:30 Showbiz Today See Prime Time table 12:30 ESPNNews 1:00 Young Connecticut Yankee In King County, Jr. Arthur's Court (TV-PG) 3:00 C.H.O.M.P.S. 3:45 Innocent Victims (TV-PG) 5:00 Headline News 5:30 NBC News At Sunrise	6:00 Today Show 8:00 Headline News 8:30 Showbiz Today 9:00 Sesame Street 10:00 Blues Clues 10:30 Co-Ed Training 11:00 The Oprah Winfrey Show 12:00 Headline News 12:30 Wheel Of Fortune 1:00 Port Charles 1:25 Guiding Light 2:15 General Hospital 3:00 Talespin 3:30 Newton's Apple 4:00 Nick News 4:30 Scholastic Sports 5:00 Headline News 5:30 Showbiz Today See Prime Time table 12:30 ESPNNews 1:00 "Adventures Of Brisco County, Jr." Arthur's Court (TV-PG) 3:00 C.H.O.M.P.S. 3:45 Innocent Victims (TV-PG) 4:00 Headline News 4:30 Am Funnies Home Videos 5:00 Headline News 5:30 NBC News At Sunrise	6:00 Today Show 8:00 Headline News 8:30 Showbiz Today 9:00 Sesame Street 10:00 Barney & Friends 10:30 Bodyshaping 11:00 The Oprah Winfrey Show 12:00 Headline News 12:30 Wheel Of Fortune 1:00 Port Charles 1:25 Guiding Light 2:15 General Hospital 3:00 Goof Troop 3:30 Disney's Aladdin 4:00 Saved By Bell: New Class 4:30 Legends of the Hidden Temple 5:00 Jeopardy! 5:30 Showbiz Today See Prime Time table 12:30 ESPNNews 1:00 The Comrades Of Summer (TV-PG) 3:00 In Pursuit Of Honor (TV-PG) 5:00 Headline News 5:30 NBC News At Sunrise	6:00 Today Show 8:00 Headline News 8:30 Showbiz Today 9:00 Sesame Street 10:00 Blues Clues 10:30 Co-Ed Training 11:00 The Oprah Winfrey Show 12:00 Headline News 12:30 Wheel Of Fortune 1:00 Port Charles 1:25 Guiding Light 2:15 General Hospital 3:00 Animaniacs 3:30 Silver Surfer 4:00 Hercules: Legendary Journeys 5:00 Jeopardy! 5:30 Showbiz Today See Prime Time table 12:30 ESPNNews 1:00 The Comrades Of Summer (TV-PG) 3:00 In Pursuit Of Honor (TV-PG) 5:00 Headline News 5:30 NBC News At Sunrise

Cable 14 & 63	Friday, April 2	Saturday, April 3	Sunday, April 4	Monday, April 5	Tuesday, April 6	Wednesday, April 7	Thursday, April 8
	6:00 NBC News At Sunrise 7:00 Today Show 9:00 Sesame Street 10:00 Barney & Friends 10:30 Kiana's Flex Appeal 11:00 The Oprah Winfrey Show 12:00 Headline News 12:30 Wheel Of Fortune 1:00 Port Charles 1:25 Guiding Light 2:15 General Hospital 3:00 Sylvester & Tweety Mysteries 3:30 Kratt's Creatures 4:00 Xena: Warrior Princess 5:00 Jeopardy! 5:30 Showbiz Today See Prime Time table 12:30 ESPNNews 1:00 Ben Hur (TV-PG) 5:00 Headline News 5:30 ESPNNews	6:00 Showbiz Today 6:30 Classic Cartoon 7:00 New Adventures Of Winnie The Pooh 7:30 Muppet Babies 8:00 The Little Mermaid 8:30 Animaniacs 9:00 Aaahh! Real Monsters 9:30 Are You Afraid of the Dark? 10:00 America's Family Kitchen 10:30 California's Gold 11:00 Headline News 11:30 Navy/Marine Corps News 12:00 The Entertainers 12:30 WWF Superstars 1:00 Headline News 3:30 CNN/SI 4:00 Headline News 4:30 NHL Hockey: Flyers at Bruins See Prime Time table 12:00 Baywatch 1:00 Barabbas (TV-G) 3:30 Single But Not Alone 4:00 Relig Specials General The Jews of Rhodes in Los Angeles 5:00 Headline News 5:30 Hour Of Power	6:00 The Coral Ridge Hour 6:30 Outreach of Love 7:00 The Field Afar 7:30 Day of Discovery 8:00 Sunday Today 9:00 SCN Special: The Easter Bunny Is Coming To Town 10:00 Dr. Quinn Medicine Woman 11:00 PGA Golf: Bell South Classic (Final Round) 12:00 NBA Basketball: Knicks at Pacers 1:00 Headline News 2:30 The Candidate 1:00 Hercules: Legendary Journeys 12:00 Austin City Limits 1:00 Friday Night 2:00 Videolink 3:00 The Candidate 5:00 Headline News 5:30 NBC News At Sunrise	6:00 Today Show 8:00 Headline News 8:30 Showbiz Today 9:00 Sesame Street 10:00 Blues Clues 10:30 Co-Ed Training 11:00 The Oprah Winfrey Show 12:00 Headline News 12:30 Wheel Of Fortune 1:00 Port Charles 1:25 Guiding Light 2:15 General Hospital 3:00 Bonkers 3:30 Superman 4:00 In The Mix 4:30 All That America 5:00 Jeopardy! 5:30 Showbiz Today See Prime Time table 12:30 ESPNNews 1:00 Young Connecticut Yankee In King County, Jr. Arthur's Court (TV-PG) 3:00 C.H.O.M.P.S. 3:45 Innocent Victims (TV-PG) 5:00 Headline News 5:30 NBC News At Sunrise	6:00 Today Show 8:00 Headline News 8:30 Showbiz Today 9:00 Sesame Street 10:00 Barney & Friends 10:30 Bodyshaping 11:00 The Oprah Winfrey Show 12:00 Headline News 12:30 Wheel Of Fortune 1:00 Port Charles 1:25 Guiding Light 2:15 General Hospital 3:00 Talespin 3:30 Newton's Apple 4:00 Nick News 4:30 Scholastic Sports 5:00 Headline News 5:30 Showbiz Today See Prime Time table 12:30 ESPNNews 1:00 "Adventures Of Brisco County, Jr." Arthur's Court (TV-PG) 3:00 C.H.O.M.P.S. 3:45 Innocent Victims (TV-PG) 4:00 Headline News 4:30 Am Funnies Home Videos 5:00 Headline News 5:30 NBC News At Sunrise	6:00 Today Show 8:00 Headline News 8:30 Showbiz Today 9:00 Sesame Street 10:00 Blues Clues 10:30 Co-Ed Training 11:00 The Oprah Winfrey Show 12:00 Headline News 12:30 Wheel Of Fortune 1:00 Port Charles 1:25 Guiding Light 2:15 General Hospital 3:00 Animaniacs 3:30 Silver Surfer 4:00 Hercules: Legendary Journeys 5:00 Jeopardy! 5:30 Showbiz Today See Prime Time table 12:30 ESPNNews 1:00 The Comrades Of Summer (TV-PG) 3:00 In Pursuit Of Honor (TV-PG) 5:00 Headline News 5:30 NBC News At Sunrise	

Cable 15 & 64	Friday, April 2	Saturday, April 3	Sunday, April 4	Monday, April 5	Tuesday, April 6	Wednesday, April 7	Thursday, April 8
	6:00 Sportscenter 7:00 CBS 48Hours 8:00 Early Edition 9:00 Headline News 9:30 Morning Business Report 10:00 ABC Good Morning America 12:00 NBA 2Night 12:30 NHL 2Night 1:00 Davis Cup Tennis: U.S. vs. Great Britain (First Round) 4:00 Headline News 4:30 Burden Of Proof 5:00 Inside Politics See Prime Time table 12:00 Headline News 1:00 Headline News 1:30 ESPNNews 2:00 ABC Nightline 2:30 Headline News 3:00 PGA Golf: (T) BellSouth Classic (2nd Rnd) 5:00 Davis Cup Tennis US vs Great Britain (Singles Match A) (Singles Match B)	7:00 Dateline NBC Fri 8:00 ABC 20/20 Fri 9:00 CNN Saturday Morning 10:00 Showbiz 10:30 Style with Elsa Klenesch 11:00 CNN Saturday 11:30 Page One w/Nick Charles 12:00 Davis Cup Tennis 12:30 NBA PGA Golf 1:00 Davis Cup Tennis: U.S. vs. Great Britain (First Round) 4:00 Headline News 4:30 Burden Of Proof 5:00 Inside Politics See Prime Time table 12:00 McLaughlin Group 1:00 Headline News 1:30 ESPNNews 2:00 Washington Week In Review 2:30 Wall Street Journal Report 3:00 NCAA Hockey Tournament "Championship Game, Div. 1" (Teams TBD)	6:00 Motor Week 6:30 This Week In Motor Sports 7:00 Sunday Morning 8:00 CBS Sunday Morning 9:30 CBS Face the Nation 10:00 CNN International 10:30 Style w/Elsa Klenesch 11:00 NBA Matchup 11:30 ESPN Magazines Sport Reporters 12:00 USA Racing: World Of Outlaws (Silver State Shootout) 2:00 NHL Hockey: Red Wings at Stars 2:00 NHRA Sportsman Series See Prime Time table 12:00 George Michael Sports Machine 12:30 Headline News 1:00 ABC This Week 2:00 Davis Cup Tennis: (T) US vs Great Britain (Deciding Match) 5:00 Sportscenter	6:00 ABC 20/20 Sun 7:00 Navy/Marine Corps News 7:30 Army Newswatch 8:00 Headline News 8:30 Morning Business Report 9:00 ABC Good Morning America 9:00 ABC Good Morning America 10:00 Boxing America 11:30 Burden Of Proof 12:00 ABC 20/20 Sun 1:00 NHRA Drag Racing 1:30 Major League Baseball: Diamondbacks at Dodgers 2:00 48-Hours Special Edition: Whose Baby Is It? 3:00 Headline News 3:30 Burden Of Proof 4:00 Inside Politics 5:00 Showbiz Today 5:30 NBC Nightly News See Prime Time table 1:00 ABC Nightline 1:30 Headline News 2:00 NBA Inside Stuff 2:30 Burden Of Proof 3:00 Headline News 3:30 Burden Of Proof 4:00 Inside Politics 5:00 Showbiz Today 5:30 NBC Nightly News See Prime Time table 1:00 ABC Nightline 1:30 Headline News 2:00 NBA Inside Stuff 2:30 Burden Of Proof 3:00 Headline News 3:30 Burden Of Proof 4:00 Inside Politics 5:00 Showbiz Today 5:30 NBC Nightly News See Prime Time table 1:00 ABC Nightline 1:30 Headline News 2:00 Major League Baseball: (T) Sportscenter 2:30 Burden Of Proof 3:00 Headline News 3:30 Burden Of Proof 4:00 Inside Politics 5:00 Showbiz Today 5:30 NBC Nightly News See Prime Time table 1:00 ABC Nightline 1:30 Headline News 2:00 Major League Baseball: (T) Sportscenter 2:30 Burden Of Proof 3:00 Headline News 3:30 Burden Of Proof 4:00 Inside Politics 5:00 Showbiz Today 5:30 NBC Nightly News See Prime Time table 1:00 ABC Nightline 1:30 Headline News 2:00 Major League Baseball: 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Politics 5:00 Showbiz Today 5:30 NBC Nightly News See Prime Time table 1:00 ABC Nightline 1:30 Headline News 2:00 Major League Baseball: (T) Sportscenter 2:30 Burden Of Proof 3:00 Headline News 3:30 Burden Of Proof 4:00 Inside Politics 5:00 Showbiz Today 5:30 NBC Nightly News See Prime Time table 1:00 ABC Nightline 1:30 Headline News 2:00 Major League Baseball: (T) Sportscenter 2:30 Burden Of Proof 3:00 Headline News 3:30 Burden Of Proof 4:00 Inside Politics 5:00 Showbiz Today 5:30 NBC Nightly News See Prime Time table 1:00 ABC Nightline 1:30 Headline News 2:00 Major League Baseball: (T) Sportscenter 2:30 Burden Of Proof 3:00 Headline News 3:30 Burden Of Proof 4:00 Inside Politics 5:00 Showbiz Today 5:30 NBC Nightly News See Prime Time table 1:00 ABC Nightline 1:30 Headline News 2:00 Major League Baseball: (T) Sportscenter 2:30 Burden Of Proof 3:00 Headline News 3:30 Burden Of Proof 4:00 Inside Politics 5:00 Showbiz Today 5:30 NBC Nightly News See Prime Time table 1:00 ABC Nightline 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News See Prime Time table 1:00 ABC Nightline 1:30 Headline News 2:00 Major League Baseball: (T) Sportscenter 2:30 Burden Of Proof 3:00 Headline News 3:30 Burden Of Proof 4:00 Inside Politics 5:00 Showbiz Today 5:30 NBC Nightly News See Prime Time table 1:00 ABC Nightline<br			

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

PRIMETIME		6 PM	6:30	7 PM	7:30	8 PM	8:30	9 PM	9:30	10 PM	10:30	11 PM	11:30		
Fri. April 2	8 & 10	SCN :15 Headline News	NBC Nightly News	Boy Meets World	"Sister, Sister"	Star Trek: Deep Space 9	X Files		Headline News	SCN News :35 Tonight Show w/ Jay Leno		Late Show w/ David Letterman			
	14 & 63	SCN :15 Headline News	NBC Nightly News	Boy Meets World	"Sister, Sister"	Star Trek: Deep Space 9	X Files		SCN :15 Headline News	Tonight Show w/ Jay Leno		Late Show w/ David Letterman			
	15 & 64	Showbiz Today	NBC Nightly News	ABC World News Tonight	CBS Evening News	NBA Basketball: Lakers at Suns				NBA Basketball: Sonics at Trailblazers					
	16 & 65	Con't Movie Casablanca (TV-PG)	The View		Interior Motives	Home Matters	Grace Under Fire	Ellen	Murphy Brown	Beverly Hills 90210					
Sat. April 3	8 & 10	Cont NHL Hockey: Flyers at Bruins			Beverly Hills 90210**				ABC 20/20		Saturday Night Live				
	14 & 63	Cont NHL Hockey: Flyers at Bruins			Beverly Hills 90210**				ABC 20/20		Saturday Night Live				
	15 & 64	AMA Supercross				Headline News	Navy/Marine Corps News	NASCAR Craftsman Truck Series NAPACARD 200				Sports Tonight			
	16 & 65	Con't Movie: The Illustrated Man (TV-G)	Worship for Kids	On Main Street	700 Club	Real Videos	Biography: Jesus (Part 1 & 2)				Dr. Quinn Medicine Woman (two-hour episode)				
Sun. April 4	8 & 10	SCN :15 Headline News	CNN/SI	Kids Say The Darndest Things	Maggie Winters	Operation Dumbo Drop (TV-PG)				SCN :15 Headline News	Intimate Portrait Series: Mother Teresa	Americ's Black Forum			
	14 & 63	SCN :15 Headline News	CNN/SI	Kids Say The Darndest Things	Maggie Winters	Operation Dumbo Drop (TV-PG)				SCN :15 Headline News	Intimate Portrait Series: Mother Teresa				
	15 & 64	Headline News	Army Newswatch	Major League Baseball: (opening night) Rockies vs Padres					Sports Tonight	This Week In NBA	Perspectives				
	16 & 65	Doug	Rugrats	Simpsons	Home Improvement	Star Trek: Deep Space 9	America's Castles		Antiques Roadshow		ER				
Mon. April 5	8 & 10	SCN :15 Headline News	NBC Nightly News	60 Minutes		Sports Night	Everybody Loves Raymond	Law & Order		Headline News	SCN :35 Tonight Show w/ Jay Leno	Late Show with David Letterman			
	14 & 63	SCN :15 Headline News	NBC Nightly News	60 Minutes		Sports Night	Everybody Loves Raymond	Law & Order		Headline News	SCN :35 Tonight Show w/ Jay Leno	Late Show w/ David Letterman			
	15 & 64	ABC World News Tonight	CBS Evening News	The World Today		Larry King Live		ESPN News	Major League Baseball: Yankees at Athletics						
	16 & 65	Doug	Rugrats	Simpsons	Home Improvement	Star Trek: Deep Space 9	The New Explorers		Ancient Mysteries		Gun				
Tue. April 6	8 & 10	SCN :15 Headline News	NBC Nightly News	Touched By An Angel		Dangerous Minds (TV-PG)				Headline News	SCN News : 35 Tonight Show w/ Jay Leno	Late Show w/ David Letterman			
	14 & 63	SCN :15 Headline News	NBC Nightly News	Touched By An Angel		Dangerous Minds (TV-PG)				Headline News	SCN News : 35 Tonight Show w/ Jay Leno	Late Show w/ David Letterman			
	15 & 64	ABC World News Tonight	CBS Evening News	NBA Basketball: Magic at Knicks					NBA Basketball: Jazz at Lakers						
	16 & 65	Doug	Rugrats	Simpsons	Home Improvement	Star Trek: Deep Space 9	Secrets of War		Sea Tales		Melrose Place				
Wed. April 7	8 & 10	SCN :15 Headline News	NBC Nightly News	Moesha	Home Improvement	Dawson's Creek		Buffy The Vampire Slayer		Headline News	SCN News : 35 Tonight Show w/ Jay Leno	Late Show w/ David Letterman			
	14 & 63	SCN :15 Headline News	NBC Nightly News	Moesha	Home Improvement	Dawson's Creek		Buffy The Vampire Slayer		Headline News	SCN News : 35 Tonight Show w/ Jay Leno	Late Show w/ David Letterman			
	15 & 64	ABC World News Tonight	CBS Evening News	NHL Hockey: Teams to be Determined					CBS Evening News	PBS Newshour		Headline News	Nightly Business Report		
	16 & 65	Doug	Rugrats	Simpsons	Home Improvement	Star Trek: Deep Space 9	Anatomy Of Love		Biography: Jean Harlow		X Files				
Thur. April 8	8 & 10	SCN :15 Headline News	NBC Nightly News	Caroline In The City	Seinfeld The Clip Show			Seinfeld		Headline News	SCN News : 35 Tonight Show w/ Jay Leno	Late Show w/ David Letterman			
	14 & 63	SCN :15 Headline News	NBC Nightly News	Caroline In The City	Seinfeld The Clip Show			Seinfeld		Headline News	SCN News : 35 Tonight Show w/ Jay Leno	Late Show w/ David Letterman			
	15 & 64	ABC World News Tonight	CBS Evening News	PGA Golf: The Masters					NBA Fantastic Series	PBS Newshour		Headline News	Nightly Business Report		
	16 & 65	Doug	Rugrats	Simpsons	Home Improvement	Star Trek: Deep Space 9	National Geographic Explorer				Homicide: Life on Streets				

SCN Prime Time Movies & Specials

Weekday Programs

Midnight - 4 a.m. Adult/Classic Rock
4 - 6 a.m. Top 40 radio
6 - 9 a.m. Diamond FM "Early in the Morning"
9 - 11 a.m. Adult/Classic Rock
11 a.m. - 1 p.m. All request Diamond Cafe
1 - 3 p.m. Afternoon Car Tunes
3 - 6 p.m. AFN Jams (Urban and Hip-Hop)
9 p.m. - Midnight Z Rock
Midnight - 4 a.m. SCN Canal Country
4 - 5 a.m. News and Information
5 - 7 a.m. NPR Morning Edition, live via satellite
7 - 11 a.m. Zippo in the Morning, Oldies radio
11 a.m. - noon Rush Limbaugh Show
noon - 1 p.m. Dr. Laura, Paul Harvey
1 - 3 p.m. News and Information
3 - 5 p.m. NPR All Things Considered
5 p.m. - midnight SCN Canal Country

7 - 9 p.m. Tues. and Thurs. "Jammin' J"
9 - 11 p.m. Tues. and Thurs. "Mellow Moods"
8 - 10 p.m. Friday "Street Jamz"

Saturday Programs
Midnight - 2 a.m. Adult/Classic Rock
2 - 8 a.m. Contemporary Hit Radio
8 a.m. - noon*** Ric Dees' Top 40 Countdown
Noon - 4 p.m. Oldies Radio
4 - 6 p.m. Doug Banks Countdown
6 - 9 p.m. SCN Canal Country
9 p.m. - Midnight SCN Rough Cuts
Midnight - 7 a.m. SCN Canal Country
7 - 9 a.m. NPR Weekend Edition
9 - 10 a.m. NPR Car Talk
10 a.m. - noon SCN Canal Country
Noon - 7 p.m. News, Information and Sports
7 - 10 p.m. Oldies Radio

Due to the beginning of daylight savings time in the United States the start times of some SCN TV programming will be affected.

Duty-free merchandise

FORT CLAYTON (Contraband Control Office) – As a reminder, in accordance with the Panama Canal Treaty and U.S. Southern Command regulations, duty-free merchandise, whether new or used, cannot be given, transferred or generally sold to non-privilege holders. Violations to these dispositions may subject violators to prosecution under both military and Panamanian laws. It is sometimes permissible to sell an item, but only if Panamanian taxes are paid. Before such a sale, it is strongly recommended that the seller contact the Contraband Control Section for advice at 288-5814.

Access to installations is allowed for ID card holders & pass holders only. All guests must be signed on by ID card holders.

El acceso a las instalaciones militares solamente le está permitido a las personas con tarjetas de identidad personal del Gobierno de los EEUU y el personal con pases de acceso a las instalaciones. Todos los invitados deben ser firmados a la entrada de las instalaciones por una persona con tarjeta de identidad personal de los EEUU.

Animals

Cocker Spaniel pups, 3 male, 3 fem, blk, blk/wht \$100, 284-6124

Doberman, 2½ mos, 4 fem, 1 male, wormed & tails docked \$150, 232-4966

German Shepard, fem, 4 yrs, fixed, obedient, very friendly, grt w/kids, free to gd home, 284-4430

Available

Assist reg/obtaining birth cert at Panama civil registry, 223-2153 after 6 pm, Darnell

Avon Christmas books, free, 284-3028

Awesome cakes, giant cinnamon rolls, jumbo muffins, 284-3798 Erica

Baby-sitter, wkdys & wknds, 288-7226

Baby-sitter, wkdys & wknds, 288-7394 Sandra

Back problems, Lic massage therapist, 272-2810

Car inspection or registration, home delivery, 222-2602

Cert Eng/Span translation for all docs, 222-2602

Certified Eng/Span translator, 288-5297

Christmas around the World and House of Lloyd, \$50 free merchandise & free catalogs, 284-3028

Computer consulting, repairs, CD back-ups and web designing, 233-2387

Home video back-ups, VHS to VHS, 233-2387

Maid w/30 yrs experience, Eng spking, Mon-Fri, honest, reliable, grt w/kids, ref, 288-5385 lv msg

Maid, available on Wed, Howard area, 284-4773

Maid, biling, 2 days, Tue-Thu, gd w/kids, reliable, honest, 284-6702

Maid, cleaning, baby-sitting, 3 days week, 228-4377

Maid, Eng spking, 3-4 days, gd w/kids, dependable, ref, 224-7521

Maid, Eng spking, exc w/children, hard worker, reliable, ref, 229-5690 Sophia

Maid, Eng spking, live-in/out, Mon-Fri, baby-sitting, 288-5983

Maid, live-in, Eng spking, honest, responsible, grt w/kids, 288-6728

Maid, live-out, Mon-Fri, 3 days weeks, 237-0479 Nelia

Maid, live-out, Mon-Fri, baby-sitter, grt w/kids, 231-4842 Omida

Maid, live-out, Mon-Fri, Eng spking, baby-sitter, honest, 288-5983

Massage-therapeutic, corrective, relaxing, U.S. licensed, 260-2265 Elaine

Mexican style tamales, chicken, beef, 284-3798 Erica

Never Shave Again! Body sugaring the natural method of hair removal, 284-3729

Power window dr lock repair, 222-4972

Wella products, 288-4773

You want to lose weight or you have any problem w/your health, 288-7226

Boats & campers

17' Deep V Tracker Bass, 75 HP Mercury O/B, exc cond \$7000/obo, 285-4381

175 Evinrude boat motor \$2000, 272-1148

18' Bass boat, 150 Yamaha motor, trailer, lots extras, exc cond \$7500, 284-6333

21' Continental, 225 HP Johnson w/trailer \$4500, 236-1963

21' Proline, CTR console, 175 Johnson, galvanized trailer, lots extras, exc cond \$9000/obo, 232-7119 after 5 pm

21' Wellcraft, 200 HP Mariner kicker, many extras, exc cond \$19,000/obo, 272-5642

22' Northern American w/175 Evenrude \$3500, 272-1148

24' fibra, I/O Volvo, sleeps 4, built-in, frz & more, exc cond \$8900/obo, 272-2227 lv msg

24' North American Twin, 175 HP Johnson \$7000, 236-1963

86 Jet-ski Kawasaki, 550 cc, stand-up, w/trailer, runs grt \$1100, 288-7361

Lg utility trailer, gd cond \$400, 226-8209

Military type utility trailer w/ mounted spare, new tires, paint & bearings \$675, 272-7188

O/Bboardengs, 10HP, 25HP, 150 HP, 175 HP, miscellaneous boating access, 236-1963

Cars

31 Ford Model A, extra parts, runs \$5000/obo, 272-2227 lv msg

71 Chevy Malibu convertible, runs, gd to restore \$2500, 232-6490

71 VW Super Beetle German w/Empirims, 264-7280

75 Chevy Impala, AC, PS, PB, AT, exc cond \$1200, 260-6002

82 BMW 315, 4 spd, AT, sunroof, new tires, brakes & shocks, runs grt \$1800/obo, 288-4742

82 Chrysler Le Baron, AT, AC, PS, PW, dty pd \$1650/obo, 283-5822

85 Volvo 240 DL, new AC & tires, original paint, f/power \$4000/obo, 284-6871

85 VW Golf, 5 spd, 2 dr, AC, Pioneer stereo \$2700, 288-7292

86 BMW 518i, 4 cyl, 4 dr, AC, AT \$4000/obo, 224-6292

86 Ford Tempo, blue, 4 dr, 5 spd, gd cond \$900, 284-3684

86 Oldsmobile Cutlass Ciema, AC, AT, cruise control \$1800/obo, 223-5843

86 Toyota Camry \$2500, 288-6199

86 VW Golf, dsl, 5 spd, eng & trans overhauled, AC, dty pd \$3000/obo, 268-1210

87 Honda Accord, wht, AC, AT, radio, new tires \$4000, 214-1245

87 Honda Civic, look & runs gd, dty pd \$2950/obo, 264-8050

87 Subaru sta/wag, GL, PW, AC, PL, gd cond \$1800/obo, 288-6817

87 Subaru, 4 x 4, 5 spd, AC, am/fm cass, clutch, muffler, gd cond \$2500/obo, 260-2510

87 Toyota Camry, 4 cyl, AC, AT, PW, PL \$2000, 214-7526

87 Toyota Corona, 4 dr, AT, AC, am/fm cass, dty pd \$3000, 277-7585

87 Volkswagen Cabriolet, new tires, top, interior & batt, runs grt \$2500, 280-7062

88 Chevy Sprint, 5 spd, many new parts & extra, runs grt \$1700/obo, 284-4327

88 Ford Mustang GT, many extras, runs gd, dty pd \$8500, 260-4978

88 Honda Civic, 5 spd, AC, exc cond \$3800/obo, 284-3731

88 Nissan Blue Bird RHD, PW, PL, AC, am/fm cass, gd cond \$2000/obo, 284-3171

88 Volvo 740 Wagon, gold, AC, AT, PW, sunroof, grt cond \$3800, 288-4475

89 Ford Tempo, 4 dr \$2000/obo, 284-5578 lv msg

89 WW Jeta, 4 dr, 5 spd, 16 valvule, am/fm radio, sumoof \$4000/obo, 223-7684 after 6 pm

90 Eagle Talon, AT, AC, am/fm cass \$3500, 288-7874

90 Pontiac Sunbird, AC, AT, am/fm CD changer, 284-5838

91 Mitsubishi Lancer, gd cond \$1500, 232-7598 Ben

91 Nissan Sentra, AC, 5 spd, 4 dr, exc cond, dty pd \$3995/obo, 288-5192

91 Oldsmobile Cutlas Calias, PS, PB, AT, AC, 4 cyl, grt car \$3750, 284-6264 after 5 pm

91 Pontiac Grand Am, LM, AC, 5 spd, am/fm CD, gd cond \$2600/obo, 284-3924

91 Pontiac Grand Am, LM, AC, am/fm CD, grt cond \$2600/obo, 284-3924

91 Subaru Legacy, wag, 4 x 4, airbag, AT, AC, PL, PW, grt cond \$6000, 284-6226

92 Chrysler Summit, 4 dr, AC, gd cond \$4000, 269-7600

92 Dodge Stealth ES, blk, 5 spd, LM, AC \$5000/obo, 265-4436

92 Mitsubishi Galant SS, LM, 4 cyl, loaded, exc cond, dty pd \$6500, 254-0956

92 Mitsubishi Lancer GL, 5 spd, AC, am/fm radio cass \$4000, 230-0375

93 Mazda 626 GLX, 5 spd, 4 dr, LM, CD player, f/extras, dty pd \$6900, 230-3726

93 Mazda 626, 4 dr, blue, all extras, dty pd \$7000, 272-1226

93 Mitsubishi Diamante, loaded, exc cond \$8500, 264-9440

93 Nissan Sentra, gd cond \$3500, 260-2305

93 Nissan Terrano, 4 x 4, 4 dr, 5 spd, AC, sunroof, exc cond, dty pd \$10,500, 232-7330

94 Hyundai Excel, 5 spd, LM, AC, exc cond \$4200, 288-7176

94 Terrano, gd cond \$10,000, 226-6174

94 Toyota Corolla, 5 spd, LM, exc cond \$8000, 272-2621

95 Buick Century, LM, loaded, like new, dty pd \$9000, 226-8209

95 Volvo 850, LM, f/extras, exc cond \$12,900/obo, 269-6310

95 Volvo 960, 4 dr Sedan, LM, AT, loaded, silver, leather, sunroof \$17,215, 226-5277

96 Alfa Romeo, leather seats, all extras, exc cond \$11,000, 226-3924

97 Tercel, AT, AC, grn, am/fm radio cass, dty pd \$7000, 261-8106 after 5 pm

Mercedes Benz SE-280, PS, PB, AC, LM, am/fm cass, gd cond \$9800, 272-5792

Computers

286 Gold Star w/mon, Hewlett Packard deskjet printer, Word Perfect, MS Works, Quicken software & more \$150/obo, 284-6711 after 5 pm

486/586 w/17" mon, 2.1 GB HD, 32 MB Ram, 56k modem, HP color printer, CD-ROM, spkrs \$375, 284-4002

486DX w/CD-ROM, sound card, memory upgrade, spkrs & lots of software \$495, 288-5192

AST computer w/everything \$500, 232-5997

Comtrade 486/33 computer w/desk, 16 MR \$250, 284-6895

IBM thinkpad, 12.1" active display, 32 MB Ram, 2.1 GB, 3.5 FDD, CD-ROM, PCMCIA modem, Office, Quicken, Winfax pro \$1100/obo, 272-2138

Pentium 150, 32 MB Ram, 56k modem, sound blaster, spkrs, 17" SVGA mon, 6X CD-ROM \$500/obo, 284-3595

Scantron computerized test grading system w/card reader, computer, printer & software \$1850, 265-6394

Scantron & software \$1150, 265-6394

Sega Genesis, atari computer, printer, software \$50, 232-5997



Classified Ads

Tropic Times
April 1, 1999

B9

Dresser, bkshelf, toy box, lg, 284-5838

Dresser, draw-5 \$60, 212-3280

Entertainment center, patio furniture, sofa tbl, 272-2724

Frzr, frost free, 15', gold \$275, refrig, side by side, ice maker, water \$625, LR chair, \$115, 285-6698

Furniture, appliances, TV's, verticals potted trees & plants, cyclone fence, BBQ, 272-2621

Gas grill w/gas tank \$40, 223-5843

Gas stove, 4 burner, gd cond \$110, 223-5843

GE refrig 20', no frost \$550, 232-7038

GE refrig/frzr, side by side, no frost, water/ice dispenser \$300, 272-5397

Glass DR tbl w/6 wicker chairs \$300, twin water bed, a lot of access \$300, 260-2427

Household furniture, carpet, curtains, AC, appliances, 272-2241

Kenmore refrig, side by side, exc cond \$495, 232-5843

L shaped sofa, exc cond, shades of blue \$495, sofa tbl \$100, 260-7067

Lg upright Whirlpool frzr, like new \$550, 272-5397

LR set, sofa, lvseat, tbl \$400, 230-0375

Lvseat, sofa, 1 yr, exc cond \$1000, lg chair w/ottoman, grt cond \$350, 284-6539

Many household items, 264-9440

Oak table w/4 chairs, exc cond \$400, bkcase, 4 shelves w/glass dr \$75, 284-6539

Orthopedic twin matt & box spring, reclining chair, girls student desk, beige, 230-2384

Patio furnished, wall bkshelves, 230-2384

Rattan DR, 4 chairs \$350, DR \$150, couch \$300, girls desk \$150, & more, 213-8825

Recliner Q/sofa \$750, 2 rattan rocking chairs \$250/obo, sofa tbl \$200/obo, 260-3828

Reclining seat, dbl, exc cond, 272-2517

Round DRtbl w/8 chairs, china cab, sofa, horn chairs, cofee & end tbl, 272-2058

Sectional sofa w/2 recliners & fold-out, f/sz bed, exc cond \$500/obo, 284-4620

Single bed, 2 might tbl, box clothes for woman \$20, 212-3280

Sm 36" refrig LG w/frzr, like new \$140, 226-8139 after 5 pm

Sofabed, blue \$300, 2 armless single sofas \$100/ea, 260-6399

Sofa, sectional multi-color w/reclining chairs, exc cond \$800, 288-7194

Sofa, teal, gd cond \$125, coordinating chairs \$85, sofa sleeper lvseat, blk \$75, 260-3420

Solid wood bunk beds \$200, 284-6426

Tbl w/6 chairs \$275, AC 18,000 BTU, like new, Q/sz set \$1200, 288-5083

Teak DR set w/8 chairs tbl, china cab, exc cond \$41550, 264-9440

Teak entertainment center, 3 pcs \$500, 272-5642

Teak head board w/attached night tbl \$300/obo, 272-6929

Teak hope chest \$200, 272-5642

Wall clock carved walnut \$225, patio tbl, chairs & sofa, plants a teak tbl \$250, bkshelves \$45, 264-9228

Wardrobe from Germany, big sz, assemble \$80, 223-5043

Washer Whirlpool \$150, 260-9249

Washer, needs repairs \$50, 259-6312

Washer, refrig, microwave, stove all for \$600, 265-7361

Whirlpool 13,000 BTU AC, gd cond \$195, 272-5792

Whirlpool stove, exc cond \$375, entertainment armoire, oak, exc cond \$400, 265-1049

Wine carpet, 12 x 15, exc cond \$175, 260-7621

Wood DR w/china cab \$850, coffee tbl & end tbl \$295, vertical beige \$65, 232-6589

Miscellaneous

12 beautiful house plants potted \$25, 223-5843

2 electronic pianos, need repair computer parts, 230-1376

2 wheel/ car carrier \$400, 228-3896

3 lg suitcases w/keys \$5 girls huffy bike pink, sz 6-10 yrs \$30, 288-5872

55 gal, aquarium w/hood \$80, 3/4 metal bed, rails \$50, 284-4322

Baby clothes, baby crib w/ access, baby carrier car seat, 284-3825

Baby crib w/matt, gd cond \$150, baby changing tbl \$50, 276-6621

Baby items, clothes \$1 or \$10, entertainment center \$40, N64 games \$35, Sega genesis, 284-5720

Bike carrier \$30/obo, rocking chair \$100/obo, 236-7526

Blk stereo cab \$80, 284-4322

Brother word processor w/ monitor & plants, 288-4275

Chain link fence 94'gate, access \$80, 288-4742

Cooler \$25, vacuum cleaner \$40, gas tank \$25, 4 alum rims 15 \$100, 236-6483

Crib mattress & change tbl \$140, bumper set \$40, portable chair \$10, 284-3595

Dehumidifier, like new \$60, dress blues, army uniforms, industrial refrig, 236-6511

Engines 2 H dsl, 3.0 Ford, 2.5 GM, Jeep wrangler steel wheels, 228-3896

Entertainment center \$150, wood 3 pcs entertainment center \$375 Hammocks \$50, 232-6589

Glass top, dark tint, 62 x 36, 1/2 stet, 288-5843

Gun cabinet \$100, tbl & 2 chairs little like \$25, various playstation CD \$25, 236-6483

Infant high chair, nanny seeks employ, 284-3877

K/sz air matt w/air pump \$30, 260-3485

New & used shoes & clothes, 4 sz 15 tire gd cond, 230-1376

New fem service dress & more \$50, 284-6516

Parts For 85 Mercedes \$190, 222-4972

Picnic tbl, gd cond \$25, 288-4622

Plants

Sansonite 700 series ward robe piggy back suit case w/ wheels hard shell \$125, 288-4072

Set of advent stereo spkrs \$30, lg dog kennel \$25, kids toys, 288-4397

Silver dollars, US, UNC, 226-7450

Singer sewing mach \$130, 288-5340

The club steering wheel, auto lock bar \$40, 269-7600

Typing writer Smith Corona \$80/obo, dishwasher \$55/obo, 284-6702

Vacuum cleaner, 7.5 amps like new \$125, 235-9096

Zig Zag sewing mach tbl \$100, 288-7176

work \$10, 284-5383

Child craft crib, wht wood, drop side matt, bumpers adjustable, exc cond \$150, 264-8768

Golf clubs titlest 134 woods 3-9 irons PW, bag, 272-6845

Golf clubs w/bag \$60, 2 racquetball rackets \$5, 2 tennis rackets \$5, 288-7176

Ladies 10 spd bike, 230-2384

Nikonos III underwater camera w/235mm lenses 1/2 ring kit new cond \$450, 272-7188

Nordic track, AB works, abdominal, exer w/video \$95, 269-7600

Scuba equipment BCD, 284-7754

Scuba regulator by Poseidon Cyklon 300 w/octopus \$500, 236-6302

Scuba regulator by scuba pro MK20/D400 \$500, 236-6302

Softball bats, balls, gloves, golf putters, irons, drivers, bowling balls, tennis rackets, 272-6277

Weigh bench \$30, aerobic step \$10, 284-4322

Patio sales

Cardenas 7306A

Clayton 323B, 8 am - 4 pm

Clayton 819A, 7 am - noon

Clayton 1029A

El Dorado, Sun Towers Apt 10C

Kobbe 354B

Kobbe 400B

Kobbe 444A, 7 - 11 am

Kobbe 446A

Rodman 3080, 7:30 - 11 am

Rodman Marine Barracks 3080, 7:30 - 11 am

Veracruz, Solimar Cabannas, 8 am

Sporting goods

18 spd bike \$60, 288-5340

2 sets golf clubs \$160 each includes golf bag, airline bag, 2 pair golf shoes, sz 10 mans & sz women's \$150, 250-0074

Aerobic instructor equip, various items, 268-4732

Aqua shot II underwater camera housing for disposal cameras \$150, 272-5642

Bike for 2 - 4 year old girl \$20/obo, 284-5578 lv msg

Bike, women's needs little

87 Ford XLT, space cab, new batt, shocks, brakes, clutch, well maintained, exc cond \$3200, 250-0501

88 Jeep Cherokee, 4 x 4, 4 dr, exc cond \$4000, 288-4244

89 Chevy S-10 Blazer, 4 x 4, 6 cyl, LM, AC, pwr, runs gd, needs paint \$3000, 288-3281

89 Chevy S-10 Blazer, 6 cyl, am/fm cass \$5000/obo, 614-3171

89 Chevy S-10, 4.3 L, V-6, extended cab, 4 seats, new AC, f/power \$7000/obo, 284-6871

89 Jeep Cherokee Laredo, AT, PW, AC, 4 wd, stereo system, exc cond \$7000/obo, 272-5397

90 Daihatsu Rocky Jeep, 4 x 4, 5 spd, 4 cyl, AC, LM \$3900, 288-5693

90 Isuzu Trooper, AC, AT, LM \$8000, 284-3825

90 Mitsubishi Montero, 4 x 4, AC, PS, 4 dr, grt cond, dty pd \$6700, 232-5997

92 Chevy, ext cab, LM, truck CK model, new tires, rims, paint, lots extras \$12,500, 284-6333

92 Jeep Wrangler, 4 x 4, CL-2 hitch, new rblt motor, LM, runs gd \$6500/obo, 288-7361

93 Isuzu Rodeo, very clean \$10,500/obo, 288-6874

93 Jeep Cherokee, 4 x 4, 6 cyl, 4 dr, AT, AC, am/fm cass, LM, exc cond \$7500, 284-4412

93 Jeep Cherokee, 4 x 4, AT, PS, PB, AC, tinted windows, grt cond \$8600, 232-5997

93 Toyota 4Runner, AT, AC, PS, PB, Kenwood stereo, exc cond \$16,000/obo, 288-7292

**AAFES Holiday schedule**
Good Friday**Corozal**

Anthony's Pizza 11 a.m. - 4 p.m.
Barber Shop closed
Baskin Robins 11 a.m. - 4 p.m.
Beauty Salon closed
Burger King 10 a.m. - 5 p.m.
Main Exchange 10 a.m. - 6 p.m.
Video Store 11 a.m. - 7 p.m.

Curundu

Shopette/Gas 6 a.m. - 9 p.m.

Fort Clayton

Auto Parts Store closed
Barber Shop closed
Beauty Salon closed
Burger King 7 a.m. - 10 p.m.
Car Care Center closed
Popeyes closed
Shopette 8 a.m. - 10 p.m.

Fort Sherman

Anthony's Pizza 11 a.m. - 4 p.m.
Barber Shop closed
Shopette 11 a.m. - 6 p.m.

Howard AFB

Anthony's Pizza 11 a.m. - 7 p.m.
Barber Shop closed
Baskin Robins 11 a.m. - 7 p.m.
Beauty Salon closed
Burger King 7:30 a.m. - 7 p.m.
Shopette/Gas open 24 hours
Video Rental 11 a.m. - 7 p.m.

All facilities not mentioned are closed. Theaters will work regular hours.

Miscellaneous**Fort Buchanan vehicle registration**

Personnel moving to Puerto Rico will be able to register their POVs at Fort Clayton effective immediately. Personnel can register at LEA Vehicle Registration, Building 519, 2nd Floor, Room 246 (next to Cable Onda) from 8 a.m. - noon and 1 - 4 p.m. Mon. - Fri. Personnel will need to show the vehicle title, proof of insurance and orders for Puerto Rico to obtain installation decals. Those who have already shipped their vehicle to Puerto Rico can also obtain their installation decal at this office. For more information, call 288-4916/4919.

**Kennels for sale**

The Corozal PX has airline approved kennels in all sizes to keep pets safe during flight. The approximate weights of the kennels are listed below as a convenience in figuring total weight for pets and kennels to meet airline restrictions:

Small	#21103	wt. 3 lbs.	21" L x 16" W x 15" H
Medium	#21104	9 lbs.	27" L x 20" W x 19" H
Large	#21106	20 lbs.	36" L x 24" W x 26" H
X-large	#21107	24 lbs.	40" L x 27" W x 30" H
Giant	#21108	43 lbs.	48" L x 32" W x 35" H
Int.	#21000	5 lbs.	24" L x 6 1/2" W x 14 1/4" H
Cabin	#21009	3 lbs.	19" L x 12 1/2" W x 10 3/4" H

**Teen talent contest**

The Howard AFB West Bank Teen Center is sponsoring a teen talent contest 7 - 10 p.m. April 23. Categories for competition are female/male vocalist solo, vocal group, instrumental solo, instrumental group, dance musical variety, and specialty act. The contest will be judged by a panel on the basis of technical excellence, showmanship and treatment and interpretation of material. Winners will be video taped and the tape forwarded to the Air Force for worldwide competition. Winners of the worldwide competition will be announced July 2.

For more information, call 284-4700/5615.

**Free calls**

All military ID holders can make up to two free five minute Military Affiliated Radio System calls to anywhere in the U.S. and Puerto Rico 3 - 5 p.m. Fridays and Sundays. For appointments, call 272-6968.

Fax service

The Corozal PX offers fax service at the customer service counter. The cost is \$1 per page, plus telephone charges.

First aid

The American Red Cross is conducting first aid and cardiopulmonary resuscitation course 6 - 10 p.m. April 13 - 15. Sign up for the course is 8 a.m. - 4 p.m. Mon. - Fri. at Building 519, 3rd Floor, American Red Cross Office. For more information, call 288-5509.

Band finale

The 79th Army Band's Jazz Combo and Show Band is holding their final dry season concert April 25 at Goethals Monument at the base of the PCC Administration steps.

BHS concert

Balboa High School will be hosting its final spring concert 7:30 p.m. April 12

at the BHS auditorium. The concert is free and includes music performed by the string ensemble, beginning and senior choir, and the intermediate and advanced band.

Town hall meeting

The next USARSO Town Hall Meeting is scheduled for 9 - 11 a.m. Thursday at the Valent Recreation Center on Fort Clayton. The community is invited to participate. For more information, call 288-9234.

Layaways

Effective immediately, layaways for \$200 or more, 180 day duration will cease. Layaways of 90 days will continue for all layaways of over \$25, and clothing layaways are for 45 days. All layaways will cease May 1. By Aug. 30 all layaways must be picked up or cancelled. For details, call 285-4121.

Spanish workshop

The Fort Clayton ACAP Center is holding a job search/resume writing workshop in Spanish 9 a.m. - 4 p.m. Wednesday. Free childcare is available. For more information and to sign up, call 288-9277.

Teen Center hours

The Fort Clayton Teen Center will be closed Friday. In addition, the Teen Center's homework lab will close permanently April 15 as part of the drawdown. For more information, call 288-6810/7817.

Calling cards

The Corozal PX has announced a more than 20 percent price reduction on MCI Military Exchange prepaid calling cards. The prices will go down on April 9, and represent a great value. Current and new prices are: 50 unit cards drop from \$10.50 - \$7.95; 100 unit cards drop from \$19.95 - \$15.50; and 200 unit cards drop from \$38.95 - \$29.95.

University hours

The University of Oklahoma has posted temporary office hours. They are open 8 a.m. - noon today; closed Friday; 1 - 5 p.m. Monday - Thursday; and 8 a.m. - noon. April 9. For more information, call 285-6901.

Pre-teen Jam

A TGIF '99 Pre-teen Jam is scheduled for 7 - 10:30 p.m. April 9 at the Howard Youth Center. The event is for ages 9 - 12, only. Price is \$2.50 with activity card, \$3.50 without. For more information, call the Howard Youth Center at 284-4700/5615.

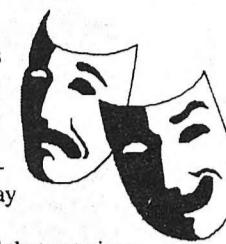
Volunteer registration

Volunteers and volunteer coordi-

Community briefs**Veronica's Room**

The Directorate of Community Activities Valent Recreation Center and The Theatre Guild of Ancon will present Veronica's Room, a mystery by Ira Levin.

The play opens April 16 with performances on April 17, 22, 23, 24, 29, 30 and May 1 at the Ancon Playhouse.



The play is a totally absorbing spider web that entwines fantasy and reality. It is a story about Susan Kerner, a young Boston college student and Larry Eastwood, a young lawyer she met, who have been enticed to the Barbassant mansion by the Mackeys - a charming, elderly couple who are struck by Susan's resemblance to Veronica Barbassant, the long-dead daughter of the family for whom they work. It has a jarring and surprising climax, and has been rated as "a neat, elegant thriller."

Veronica's Room is being directed by Edwin Cedeno and is produced by Gale Cellucci. The cast features Dionisio Johnson as the man, Myrna Castro as the woman, Ana Lorena Broce as the girl, and Michael Winfrey as the young man. It is being directed under the sponsorship of AT&T. Reservations are now being accepted. For more information or reservations, call 272-6786.

nators should ensure that all volunteer hours are registered with the Howard Family Support Center's Volunteer Program. Also, any volunteers who are PCSing in the near future should come by the FSC to pick up a letter stating their volunteer hours. For more information, call Lizca Fearon at 284-5650.

Spanish workshop

The Fort Clayton ACAP Center is holding a job search/resume writing workshop in Spanish 9 a.m. - 4 p.m. Wednesday. Free childcare is available. For more information and to sign up, call 288-9277.

Aggie Muster

The Panama Texas A&M Club is hosting the last Aggie Muster of the millennium 7 p.m. April 21 at the Club de Golf Ejecutivo on Balboa Avenue. For tickets and information, call Lilibeth B. Langoni at 272-5166 or Teresa Arosemena at 272-1873 or 260-1523 after 5 p.m.

Wing Heritage Day

The 24th Wing Heritage Committee members are looking for easels, bulletin boards and partitions to mount pictures on for the Wing Heritage Day static display Thursday - April 9 at Hangar One on Howard. Organizers also need bunting, streamers, bows and ribbons for the event. For more information, call Master Sgt. Shari Gray at 284-5067.

Pet supplies

Since the Corozal Veterinary Treatment Facility approaches closure Aug. 31, the VTF is reminding pet owners to stock up on routinely used medications to last through their PCS move. The last order for pet supplies is June 1 and when supplies run they will not be replenished. Also, the VTF is requesting that if your pet is no longer in Panama or has been adopted to another family to call them at 285-5866/5867 to help update their records.

Pens pose peril

The 24th Medical Group is recalling all the "Putting Prevention into

Practice" pens. The pens have a dangerous defect causing the top along with the spring to pop off and go shooting across the room without the user doing anything out of the ordinary. Return the pens to the Primary Care Clinics on Howard AFB or Fort Clayton. The pens are a navy blue with black trim and white lettering.

Mailing packages

The Fort Clayton Post Office has implemented an appointment system for individuals who need to mail five parcels or more. Due to an increase in moves we suggest that people call the number listed below and arrange an appointment between 9 - 9:20 a.m. and the staff will assist those individuals before opening for regular customer service. In return, this will decrease the lines and waiting time for other customers. All forms and documentation need to be ready prior to the appointment date. For more information, call 288-5522/4802.

Free child care

Air Force staff sergeants and below can receive up to 20 free hours of childcare when they are within 90 days of PCS departure from Howard Air Force Base. The Child Development Center will provide services. Members should bring orders to the Family Support Center to receive a certificate.

Typing course

The Howard Family Support Center's Computer Resource Center offers computerized, multi-media typing tutorial software by Mavis Beacon. Beginners can learn how to type at their own pace and advance typists can brush up their skills. To sign up for an appointment call the computer manager, Dave Krier, at 284-5650. Brush up on typing skills with the Howard Family Support Center. For more information, call 284-5650.

Child & Youth Services staff earn childcare credential

FORT CLAYTON — Another three staff members from the local Army CYS program have been awarded a Child Development Associate (CDA) credential in recognition of outstanding work with young children.

Tina Moore, Antonia Valentine and Alexis Mays have joined another 18 Army CYS staff members in Panama who have earned the credential since 1997.

The CDA is awarded by the Council for Early Childhood Professional Recognition in Washington, D.C., which represents the early childhood profession.

It is the only major national effort to improve child care by evaluation and recognizing the skills of individuals providing care, and is included in

the child care licensing regulations of 46 states and the District of Columbia.

Parents who use child care are especially concerned today about their children's welfare. With this in mind, as part of the CDA assessment process, every candidate for the CDA credential is observed working with young children by an early childhood professional.

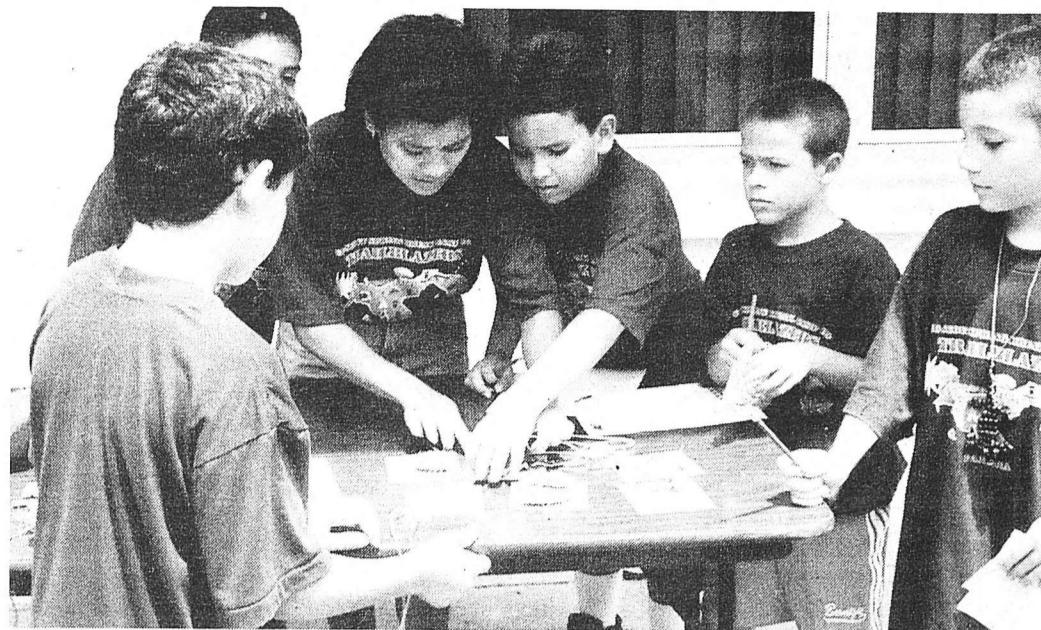
In addition, the candidate must demonstrate the ability to work with families to develop children's physical and intellectual capabilities in a safe and healthy learning environment.

CYS Panama is proud of all of its employees, and recognizes the many contributions they have made to the lives of young children. We wish them the best.



photos by Spc. Kenneth K. Rockett (Tropic Times)

This Indian headgear makes for a perfect fit.



Cub Scouts learn about nature and the environment using hands-on displays.

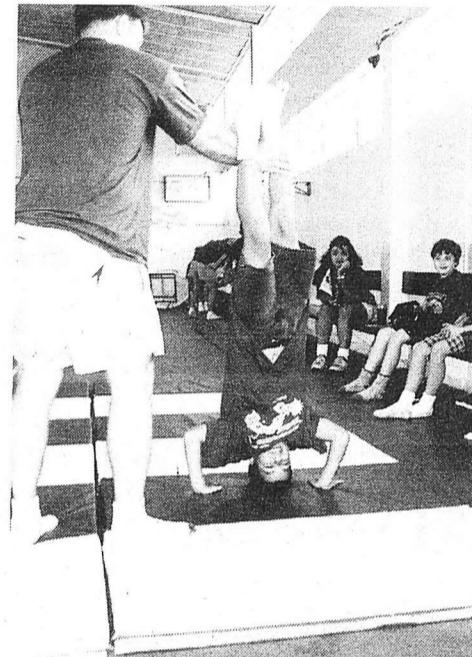
Cub camp

FORT KOBBE — More than 45 Cub Scouts gathered at the Fort Kobbe Elementary School March 29 - 31 to participate in the 1999 Cub Scout Day Camp.

Young boys from Cub Scout Packs 6, 23 and 35 had the opportunity to play sports, make crafts and enjoy many other interesting activities.

"Here the kids are having lots of fun, but they're also learning how to get along with each other and learning about nature," said Karen Fox, camp director.

Fox said that in addition to the Cub Scouts, 20 volunteer leaders gave their time and energy to help make the event a success.



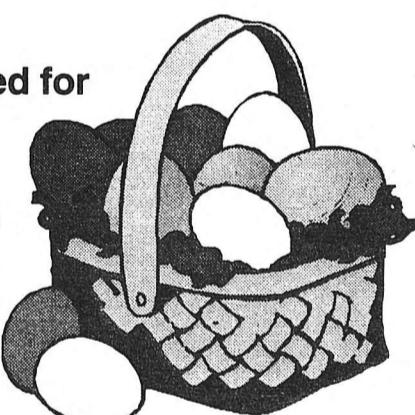
Day camp helped change his point of view.



Here, some of the scouts make beaded necklaces.

Easter egg hunt

A family Easter egg hunt is scheduled for 9:30 a.m. Saturday at the Fort Clayton Community Park. There will be two fields set aside for the hunt. Field one is for 6-year-olds and under, and field two is for 7-year-olds and up. In addition, there will be a family egg hunt with special scavenger prize eggs. Children are invited to bring their baskets. The Easter Bunny will be attending.



Spc. Kenneth K. Rockett (Tropic Times)

The day the music died

The 79th Army Band's Concert Band plays in front of the Panama Canal Commission Building in Balboa, March 25. The performance was one of the last of the band's final dry season concerts. Their final performance is 6 p.m. April 25 featuring the Jazz Combo and Show Band.

Holy Week Celebrations

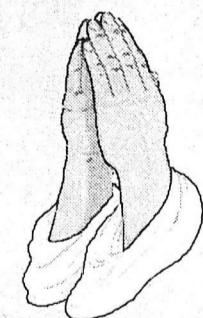
Howard AFB Chapel

Catholic

Today - 7 p.m. Holy Thursday Mass
Friday - 3 p.m. Good Friday Service
Saturday - 7 p.m. Easter Vigil Mass
Sunday - 9:30 a.m. Easter Sunday Mass

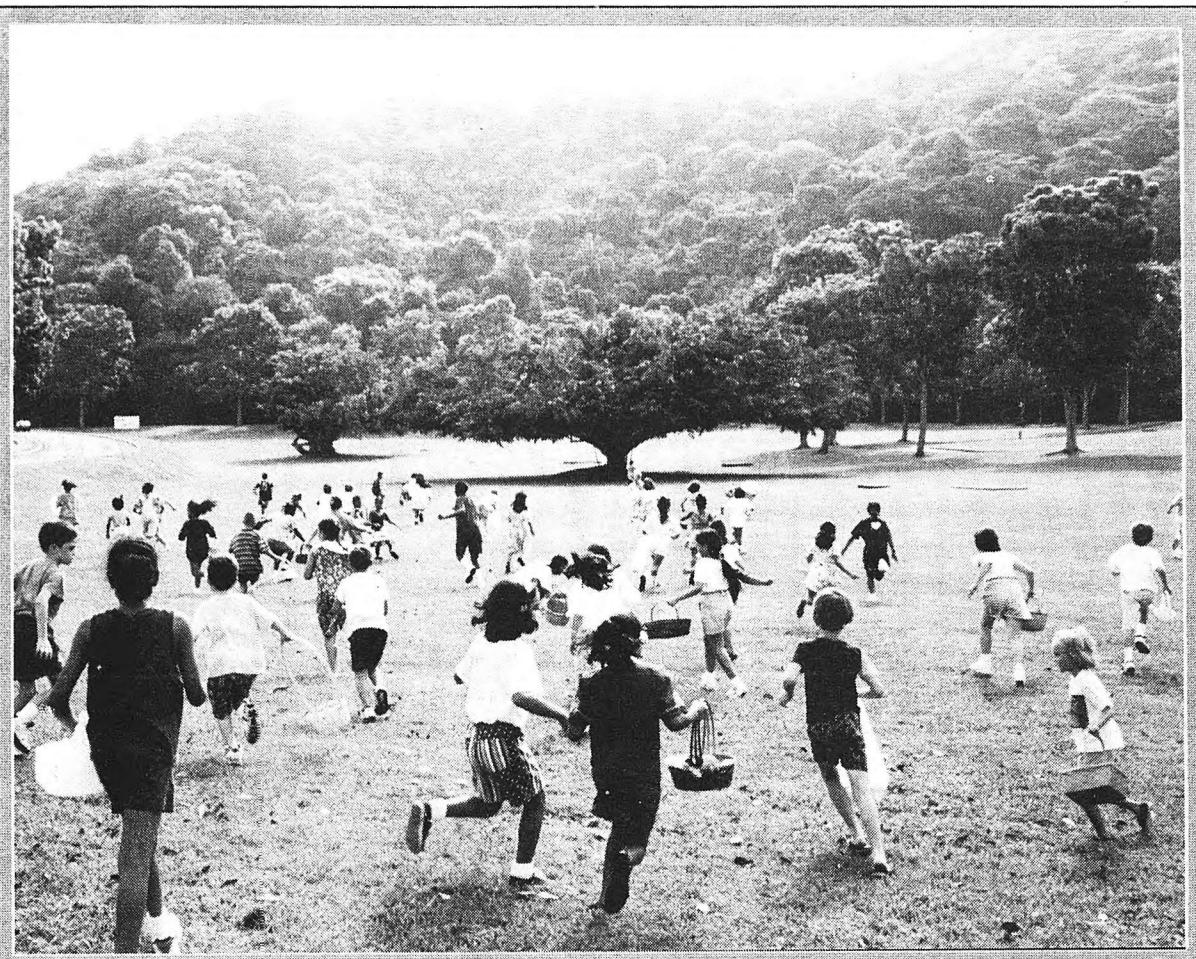
Protestant

Sunday - 6 a.m. Easter Service and Breakfast behind Chapel/Annex
Sunday - 11 a.m. Traditional Protestant Worship
Sunday - 12:30 p.m. Gospel Worship Celebration



Fort Clayton Chapel

Today - 3:30 - 4:45 p.m. Confessions
5 p.m. Mass
Friday - "Day of Fast and Abstinence"
3 p.m. Stations of the Cross
3:30 - 4:45 p.m. Confessions
5 p.m. Good Friday Liturgy and Communions service
Saturday - 9 p.m. Easter Vigil service. This mass will count for Easter obligation. There will be no 5 p.m. mass on Holy Saturday.
Easter Sunday - 6 a.m. Sunrise service (at the soccer field adjacent Jarman Field)
9 a.m. Sunday Mass
10:30 a.m. Community Worship Service
12:30 a.m. Gospel service



(File)

Easter Egg Hunt

In honor of the Month of the Military Child, the Howard Youth Center is hosting its last Easter Egg Hunt in 8 a.m. sharp at the Howard Parade Field. The hunt is free and open to youths ages 2 - 12. Please bring your own basket and container to collect eggs. Call the center for details.

Lunch Menu

April 4 - 9

Curundu Middle and Balboa High Schools



Monday — Popeye's chicken, mashed potatoes, green beans, fruit, peanut butter cookie, milk.

Tuesday — Turkey sandwich, lettuce and tomato, pears, chocolate chip cookie, milk.

Wednesday — Beef-a-roni, carrots, peaches, milk.

Thursday — Spaghetti and meat sauce, garlic toast, green beans, pineapple, oatmeal raisin cookie, milk.

Friday — Manager's Day. Enjoy your lunch.

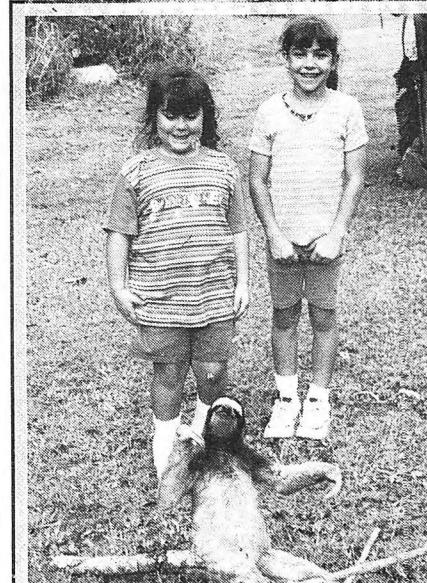


We want your stuff

Let us print your stories, poems, drawings or funny photos on the Youth Scene Page.

Send them through MPS to: *Tropic Times*, Unit 7145, APO AA 34004 or drop them in our box at the Fort Clayton Post Office by 9 a.m. Monday.

Make sure you put a return address on your photos and artwork so we can return them. If you have any questions, call Griselda Sterling at 285-4666/6612.



Pet of the week

Kylre and Karyel pose with their jungle friend, Mr. Sloth. They enjoy spending time together in the back yard.

Kids: If you'd like to see a picture of yourself and your pet in the *Tropic Times*, send it through MPS to *Tropic Times*, Unit 7145, APO AA 34004 or drop it in our box at the Fort Clayton Post Office. Be sure to include your name, as well as your pet's name. (You can also send us a little information about your pet.) Write your name and address on the back of the photo so we can send it back to you.

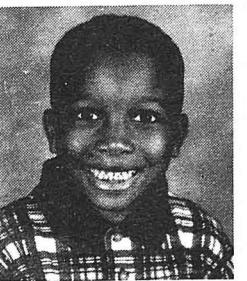
Happy b-day



Luis Lugo, 12
March 29



Tamera Thom, 4
April 1



Dominique Corbin, 8
April 3



Jonathan Barrett, 2
April 6



Ramon Peluyera, 7
April 7



Bianca Lopez, 6
April

AAFES Weekly Challenge

Learning Spanish

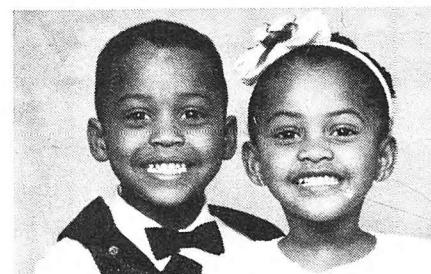
1. república	zoo
2. algún	young
3. juego	wine
4. palabra	lace
5. yate	future
6. zoológico	republic
7. joven	any
8. vino	game
9. encaje	word
10. futuro	yacht

Send your answers through MPS to *Tropic Times* Unit 7145, APO AA 34004 or drop it in our box at the Fort Clayton Post Office. Be sure to write your full name and age (14-years-old and under, please) somewhere on the entry.

We'll need your entry by the Wednesday after the paper comes out, and the winner's name will be in the following week's paper. The correct response, or the response drawn from more than one correct response, will win a pair of free movie passes from the Army and Air Force Exchange Service.

The winner will need to call Donna Kelso at 285-5776 then visit Building 654 Corozal to receive the movie passes.

Last Week's Winner: Charisse Carter, 10



Deshlee Ford, 4, and Desmond Ford, 5

March 24